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RUNNER'S[®]

WORLD

40

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*Before, During & After Your Run**

- ▶ ENERGY-PACKED
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- ▶ THE NEW
SUPERFOODS
- ▶ HEALTHILICIOUS
MEALS—FAST

**And a Few
Diet Disasters
To Avoid*

LOOSEN UP!
8 INJURY-BEATING
YOGA MOVES

**A HEAD
START**
TRAIN YOUR BODY
AND BRAIN TO
RUN FASTER

Amanda Burrill,
Navy vet, chef,
and Chicago
marathoner
p12

**+ THE
RW 50**

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& INNOVATORS
WHO SHAPE OUR
RUNNING LIVES

OCTOBER 2015
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CONTENTS

RAVE RUN

8

EDITOR'S LETTER

10

COVER STORY

12

THE LOOP

14



ON THE COVER

Energy-Packed Snacks.....	66
New Superfoods.....	46
Healthilicious Meals—Fast.....	62
Diet Disasters to Avoid.....	44
The RW 50.....	73
Loosen Up!.....	56
A Head Start.....	34,40

CLOCKWISE FROM TOP LEFT: Mary Wittenberg, Dave McGillivray, Kara Goucher, Stacy Sims, Mark Parker, Mo Farah, Molly Barker, and Travis Snyder

62 NUTRITION SPECIAL

MEALS ON THE RUN

Power-packed breakfasts, energizing midrun snacks, and delicious recovery dishes you can whip up in 30 minutes—or less.

BY JOANNA S. GOLUB

92

BIG HAIR DAYS ON A TEXAS TRACK

Sporting false eyelashes, fitted short shorts, and lots (and lots) of hairspray, a team of runners created quite a stir in 1964.

BY KIT FOX

95 RW SHOE LAB TESTED

BACK-COUNTRY ROCK STARS

We hit the singletrack hard to determine the best new trail shoes for your off-road adventures.

BY JONATHAN BEVERLY & MARTYN SHORTEN, PH.D.

COVER PHOTOGRAPH BY SCOTT WDERMOTT; STYLING BY SHEA DASPIN; HAIR & MAKEUP BY ASHLEY VEST; COVER CLOTHING: O'NEILL SHORTS & CROP TOP, BROOKS SHOES, TIMEX WATCH; THIS PAGE, CLOCKWISE FROM TOP LEFT: PHOTOGRAPHS BY JORG BADURA, VICTOR SALLER/PHOTORUN; GUIDO VITTI; JAKE STANGEL, MICHAEL FRIBERG/CONTOUR/GETTY IMAGES; CHRIS PIETSCH; COURTESY OF MOLLY BARKER; HENRI COLLOT/SIPA VIA AP IMAGES



19



60

HUMAN RACE

- 19 **Street Style** Multitasking gear for a multitasking mom
- 20 **Runner by the Numbers** Deena Kastor chases a new marathon record in the Windy City.
- 20 **Go You!** Two amazing athletes
- 22 **I Ran It Off** Shedding 200 pounds and becoming a marathoner
- 24 **They Pay Me To...** Review races.
- 26 **#Zelle** Confidence forged on the road helped her end a toxic relationship. BY ELIZABETH KELSEY
- 27 **Intersection** Comics on the run
- 28 **Social Movement** A Chicago running club known for its flamboyantly festive aid station
- 29 **Ask Miles** Should I say, "Hello"?
- 30 **Road Scholar** Reviving the spirit of Rocky in Philly
BY PETER SAGAL

RACES+PLACES

- 105 **Fright or Flight** Can you outrun the Headless Horseman?
- 106 **Ask Coach Jenny** Tuneup races

I'M A RUNNER

- 114 **Shelley Moore Capito** The U.S. senator is "slow and steady, and always get[s] to the finish line."



Sacred to the ancient Greeks, olives have been around for thousands of years. The olive branch, when shaped into a wreath or crown, became a symbol of victory in the early Olympic Games. It also came to mean peace.



While runner and yogi Rebecca Pacheco warmed up before the photo shoot, "everyone stopped in amazement," says Articles Editor Katie Neitz. "It was like we just saw a unicorn or something, because we're not used to seeing a runner with such flexibility!"

PERSONAL BEST

TRAINING

- 34 **Levels of Difficulty** Maximize your time on any terrain.
- 38 **The Starting Line** The do's and don'ts for how to rest right.
- 40 **The Fast Lane** To race your best, your brain needs a taper, too.
- 42 **Race Prep** Why you should run naked (*ahem*, without gadgets).

FUEL

- 44 **Not So Innocent** 10 sneaky diet downfalls that can undermine your health and training.
- 48 **The Runner's Pantry** This small Mediterranean staple does a runner's body a lot of good.
- 50 **Fridge Wisdom** New research on how to run faster, lose weight, and speed recovery
- 52 **Quick Bites** Punch up plain Greek yogurt with these nutritious sweet and savory mix-ins.

MIND+BODY

- 54 **The Racer's Repair Kit** Everything you need for race day—right at your fingertips.
- 56 **The Body Shop** A post-run recovery routine that eases soreness and improves flexibility.

GEAR

- 60 **Trail Ready** Gear up in style for any off-road excursion.



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Stay tuned for coverage of the major marathons this fall at runnersworld.com/newswire, where you'll find previews, videos, and recaps. For live updates during Chicago and New York City, follow @RWEIites on Twitter.



● I'M A RUNNER

Go behind the scenes at U.S. Senator Shelley Moore Capito's photo shoot at runnersworld.com/imarunner.



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* Too BW, Cicai S, Hockett KR, Applegate E, Davis BA, Casazza GA Natural versus commercial carbohydrate supplementation and endurance running performance. J Int Soc Sports Nutr. 2012 Jun 15;9(1):27. doi: 10.1186/1550-2783-9-27. ©2015 SUN-MAID GROWERS OF CALIFORNIA

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What food has spelled disaster for you during (or after) a long run or race?



"Raw tuna the night before a half marathon. My stomach started cramping around mile four. It was a long race."

"Ballpark falafel. I made my first urgent pit stop in years in the middle of the next day's 15-miler."



"Avoid butternut squash soup! On a hilly nine-miler, the soup did that glugging thing in my stomach."



"A Chipotle burrito, heavy on the sour cream."



"The cook replaced 'spinach salad' with 'sautéed spinach' in my prerace dinner."

"Thai food. Gets me every time."

Molly O'Keefe Corcoran

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EMPIRE, MICHIGAN

RUNNER

Amber Laakko

THE EXPERIENCE

The Empire Bluff Trail carves along sand dunes atop a cliff rising more than 400 feet above Lake Michigan; it's one of 13 routes through Sleeping Bear Dunes National Lakeshore on the Leelanau Peninsula. The 1.5-mile out-and-back is part boardwalk, part gravel path and leads to a scenic overlook. "When you approach the clearing, the sound of wind and waves amplifies," Laakko says. "I'll never get over the grandeur of northern Michigan."

TAKE A SIP

Just 45 minutes north is Tandem Ciders, a shop that specializes in artisanal hard ciders. It's the peninsula's "hidden gem," says Laakko.

RACE NEARBY

Sleeping Bear Marathon

October 3, 2015

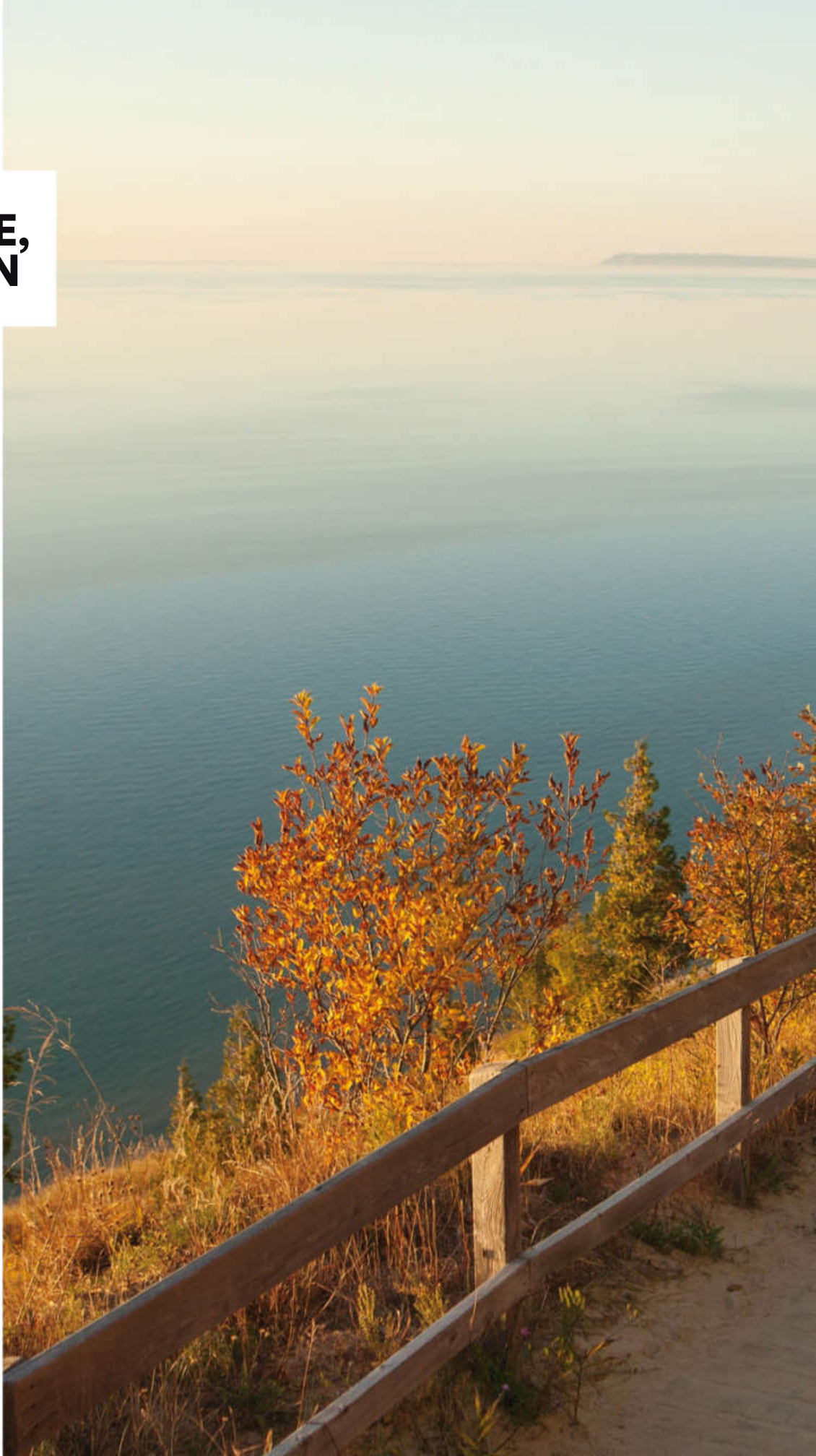
Rich fall hues paint the backdrop for this small, out-and-back race. "The terrain can be intense at times, but my advice to other runners is to embrace the serene, calm atmosphere," says Laakko.

PHOTOGRAPHER

Andy Wakeman



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WHO RUNS RUNNING?



THIS MONTH we're publishing something *Runner's World* has never done before. "The 50 Most Influential People in Running," which begins on page 73, has been months in the making, and I don't think anyone else could've brought the authority, authenticity, and level of quality that Writer at Large Nick Weldon and the RW editors brought to this project.

Still, unless you're one of those 50 people, why should you care? Well, just about every aspect of the running world is at an all-time high. There are more runners in America than ever before (especially more women), and they are running more races, buying more shoes and apparel, raising billions of dollars for charity, and inspiring each other on a massive scale via social media. After a long drought, U.S. distance runners are once again thriving in high-profile events. We're deep into the second "running boom" and, some believe, poised for a third. If the running world were a track, it would be time to add a ninth lane.

At the same time, unprecedented innovation and disruption—in media, with wearable tech, at "alternative" races, in genetic engineering, and through advances in doping/drug-testing methods—are pushing the pace

of change ever faster. There's never been a more diverse, exciting, promising, and vexing time in running—the perfect time, we think, to step back and examine exactly who is driving us forward, and how.

As Emerson tells us, all history is biography, and these are the people who are making it in real time, deciding what we wear, how we eat and train, which causes we care about, whom we cheer for on TV, and sometimes even whom we run with on Sunday mornings, whether it's in a race or on our smartphones. If you love running, I think you'll become happily immersed in what we've assembled.

Not that you'll agree with all of it. I don't even agree with all of it! But half the fun and value of these kinds of projects is that they are inherently subjective and endlessly debatable. Where's Dean Karnazes? No Frank Shorter? What about Deena Kastor and Ryan Hall? Although we could've filled half the spots on the list with decorated and deserving elite runners, we wanted it to reflect what's happening in the sport *right now*, and to represent a cross-section of the running world, with plenty of researchers, writers, mavericks, and lesser-known movers and shakers.

It was much harder than we expected to get down to 50 (it's technically 56, since we ended up with a few pairings that each count as one entry) and, predictably, recent events presented



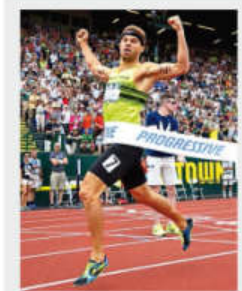
The women's version of the *Saucony Xodus 6.0*

THE OTHER SHOE DROPS

As we noted in last month's issue, the magazine has traditionally shown men's models in photos that accompany reviews in our Shoe Guides. We do shoot women's as well as men's versions of every shoe we review, and we publish both online and in our digital editions, where we can show much more than we can in print. But it's time for our traditional magazine approach to change. In this issue's trail-shoe guide (page 95), we alternate shots of men's and women's models, and in December we'll begin showing women's versions in all of our road-shoe guides.



Dutee Chand is fighting for her right to run for India.



Nick Symmonds is taking USATF to task.



The September/October issue of *Running Times* has a piece about how perfectionism can ruin your running.



It's the only app that combines tracking, training plans, and exclusive RW content. Download *Runner's World Go* free at the App Store.



Chicago Marathon stories in this issue are denoted by this icon. Meet us at one of our seminars or shakeout runs on race weekend. See runnersworld.com/rwchicago for details.

new candidates who are likely to become highly influential in the near future. In August, 800-meter star Nick Symmonds took a gutsy, principled stand that reignited a long-brewing controversy over athletes' rights and sponsorship of Team USA uniforms. After he refused to sign USA Track & Field's athlete statement of conditions mandating that he wear only Nike or nonbranded apparel at this year's world championships in China, Symmonds, who is sponsored by Brooks, was left off the team. Support for him and his cause appears to be building. A few weeks earlier, Dutee Chand, a female sprinter from India who'd been declared ineligible to compete at the Commonwealth Games because her body produces high levels of testosterone, was reinstated by the Court of Arbitration for Sport. This ruling, made possible by Chand's refusal to accept rules she felt were unfair, could enable her to compete in the Olympics and perhaps alter the course of gender issues in sport forever.

Like I said, change is happening fast. Let me know what you think of our choices.

DAVID WILLEY

EDITOR-IN-CHIEF @DWilleyRW

Enough about us. Let's talk about you for a minute.

There is the relaxed you (hopefully we'll be seeing that you a little more often).

There is the sporty you (the you who can dodge and weave and go go go). And then there is the intelligent, dependable, everyday you. This is the one who knows that all of you need their vehicle to be versatile, responsive and smart enough to adapt to whichever one of you is behind the wheel. Three driving modes that, all together, deliver the feeling of control, comfort and — wait for it — connection. It's just one (well, three actually) of the impressive innovations you'll find on the entirely new Lincoln MKX. *LincolnMKX.com/Driving*

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AMANDA BURRILL

35, MARATHONER, CHEF, NAVY VET

IT'S BEEN SAID THAT ambition takes root early, and Amanda Burrill has been driven to succeed since she was just 6. "I came home from school, and my dad, a military guy, told me we were going running," she says. "Almost every day, we did two miles. He enjoyed seeing me try my hardest."

Burrill attended Boston University on a Naval ROTC scholarship and bandited the 2000 Boston Marathon in 3:52. ("Back then, people did this.") In 2003, she was deployed to Iraq and became a rescue swimmer on an elite emergency response team.

The intense pace of her Naval officer years made it challenging to face retirement in 2010. "Leaving the military is a culture shock for anyone," she says. "But I needed three surgeries—foot, sinus, and hip—and a year off from exercise. That was hard."

And this is how a driven person copes: Burrill enrolled in culinary school (earning a Le Cordon Bleu Culinary Arts degree) and then journalism school (earning a master's from Columbia University). She now lives in New York City with her two dogs and enjoys a career trifecta that combines her passions—running, eating, writing. She's an editor for *Iron Man* magazine, a food blogger, and host of her own Travel Channel web series, in which she goes globe-trotting to discover hangover cures.

On October 11, Burrill will run the Chicago Marathon, which will be her 18th time going 26.2. She's learned a lot since her first marathon: "My recovery drink then was a mudslide! Scandalous!" If she achieves her goal in Chicago—breaking 3:30—there's bound to be some celebratory imbibing. Luckily, she knows all kinds of interesting ways to recover. Lithuanian cabbage soup, anyone? —ALI NOLAN



"As a junior officer on an almost all-male ship, I faced a lot of psychological challenges," she says. "There were two old rickety treadmills on board. I took solace in running."



Burrill, a classically trained chef, writes a food blog (apronsand sneakers.com) and hosts the web series "Tales from the Hair of the Dog."



Burrill was photographed by Scott McDermott at North Avenue beach in Chicago.

TRAVEL BITES

"In the past year, I've been to France, Germany, Spain, Portugal, Ireland, Denmark, Bonaire, and Hong Kong. Here's how I keep my weight in check while traveling."



EAT AHEAD

"I eat a healthy meal—like a salad with grilled chicken, cranberries, and walnuts—before I go to the airport."



PACK SNACKS

"I pack snack bags of nuts and dried fruit. Plane food is generally unhealthy."

REPLACE A MEAL

"When I'm out exploring, I don't always sit down for a leisurely meal. I use meal replacement bars—Exo, NuGo organic, Vega One."

PICK PILLS TO POP

"Every week I dole out a slew of supplements, allergy medicine, and minerals that I take at the same time every day. I sometimes add vitamin C to avoid illness."



DINE WISELY

"Go out to eat only once a day so you can afford to splurge. I do research beforehand and know what I want. (In Hong Kong, my dining-out meals were the drawn-out, six-course kind, but I reined it in the rest of the day and stuck to workouts.) Also, I choose wine or dessert, not both."

STYLING BY SHEA DASPIN; HAIR & MAKEUP BY ASHLEY VEST; CLOTHING: DEREK LAW FOR ATHLETA CROP TOP, MICH SHORTS, UNDER ARMOUR SHOES; TIMEX WATCH, CHARLES & COLVARD SUSTAINABLE DIAMOND EARRINGS; PHOTOGRAPHS BY ARAM BOGHOSIAN/THE BOSTON GLOBE VIA GETTY IMAGES (SALAD), VALENTIN VOLKOV/ALAMY (NUTS, WINE)



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THE INBOX

BIG INSPIRATION

I recently picked up my first issue of RW. I'm a beginner, and I wasn't sure I would relate to anything, so I was thrilled to see your article about [Mirna Valerio](#) ("Ultra," August). As an overweight but healthy woman, I hesitate to call myself a runner—I'm slow and run short distances—but mostly because I don't look like a typical runner. Thanks for showing that runners come in all shapes and sizes.

LAUREN WILSHUSEN, BOSTON

Mirna Valerio should be a life coach to the entire planet. Her story of self-love and acceptance goes well beyond the running community. I plan to share the article with my middle school students to reinforce the idea that size, shape, and skin color don't define us—what we accomplish in life is the real measure of our worth.

CINDY SLAWSKI, MEDFORD LAKES, NEW JERSEY

RACING OFF-ROAD

Thank you for featuring obstacle course racing in your August issue ("Something Wild"). Many of us road racers have forayed into that world, so it's great that RW supports us all.

LAURA HEIN McELDUFF, NORTHVALE, NEW JERSEY

CORRECTIONS: In "The Intersection" (August, page 34), we called Harriette Thompson, 92, the world's oldest marathoner—she's the oldest female 26.2'er. (Oldest male is Fauja Singh, 101.)

The Super Villain Scramble and Atlas Race (August, page 87) are no longer in business.

Send comments to letters@runnersworld.com. If your letter is published, you'll receive an RW T-shirt.

RUNNER'S WORLD reserves the right to edit readers' submissions. All readers' submissions become the sole property of RUNNER'S WORLD and may be published in any medium and for any use worldwide.



THE POST

We recently posted our May 1981 cover on Instagram for #throwbackthursday. It was a hit, no doubt because top American miler Steve Scott and rising track stars Joan (right) and Joy Hansen struck such an, um, inspiring pose. "It was definitely ad-libbed," Joan says. "We were talking about workouts, and Steve said he could squat 200 pounds, which is about how much Joy and I weighed together. We had to make sure Steve could do it, so we got up on his shoulders and held on for dear life. I never imagined the shot would grace the cover."

"Long read, but worthwhile. I accept you, Mirna! I'd love to run with you!"
—@karagoucher, Olympian and top American marathoner

Follow @runnersworldmag for more old-school covers, behind-the-scenes images from RW HQ, shots from events, and more.

THE MEME



To the runner who created this, rock on.

75

THE STAT

Percentage of runners who say they always run with a watch. Just seven percent run sans technology.

Based on 1,547 responses to an online poll

THE LATEST

At 2:03 p.m. on July 12, ultrarunner [Scott Jurek](#) set a new world record on the Appalachian Trail. He completed the 2,189-mile distance—and its 515,000 feet of elevation change—in 46 days, eight hours, and seven minutes. Here, some digits from his feat.

fifty

Days Jurek went without shaving

26

BEAR SIGHTINGS

§

Showers taken.
Longest stretch without bathing:
38 days

3

INJURIES
ENDURED

12

TICKS PULLED
OFF OF HIM

4,000

Bars, gels, Bloks, and the like consumed

Jennifer Pharr Davis set the prior record in 2011. Jurek beat it by a mere three hours and 13 minutes, calling it "the hardest thing I've ever done."



JUREK	PHARR DAVIS
41	28
S→N	N→S
4.5	6
6,500	6,000
59	60
95°F	101°F
8	7
18:30	20:00



ALL HEART ALL AT YOUR WRIST



Forerunner 225 with wrist-based heart rate.

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See it at Garmin.com/forerunner

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save › plan › share

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GARMIN

Forerunner® 225

To singer-songwriter Mads Kristiansen running is a key part of the creative process. When he runs the city becomes his muse and its' sounds his instruments.

His feet set the tempo, his breathing becomes the rhythm, and somehow, magically, a song begins to take shape.

We asked Mads if he would compose a song for us, on one of his runs, and do it all on camera. To our astonishment, he agreed.

This is the story of the song he created that week, and it all started with a run.

See the story at saucony.com/findyourstrong

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WARMUP

THE LOOP

THE GALLERY

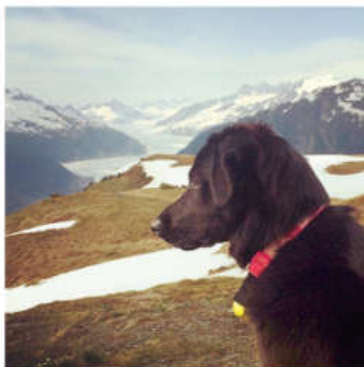
#RWINSPIRE

Images that pump readers up.



—@george_mule

The runner's statue in Athens, Greece, made of stacked slices of glass.



—@stebisgreat

This dog and this place. Even though I have to leave her behind for the long runs.

Next month, show us what makes your local specialty running store so great and tag it **#RWRRunStore**.



Conquer a 10K and help feed the hungry by participating in the Women's Health RUN 10 FEED 10 race series this fall, where your registration will help provide 10 meals to needy people in your community. To learn more and register for the New York City (September 20), Chicago (October 17), or San Francisco (October 25) events, go to run10feed10.com.

THE TWEET

"I PROMISED I WOULDN'T RUN A FALL MARATHON. I PROMISED I WOULDN'T RUN A FALL MARATHON..."



—@byHannahMcG, RW's Social Media Editor, who is now registered to run the New York City Marathon

OTHER RW EDITORS GOING LONG THIS FALL:



Robert Reese,
Executive Producer:
Marine Corps
Marathon,
Portland Marathon,
Marshall University
Marathon, and the
Philadelphia
Marathon (*whew*)



Ali Nolan,
Associate Editor:
Marine Corps
Marathon



Tish Hamilton,
Executive Editor:
New York City
Marathon



Brian Dalek,
Associate Editor:
Steamtown
Marathon



Derek Call,
Junior Video
Producer:
Via Marathon



THE PROCESS

For "Big Hair Days on a Texas Track" (page 92), reporter Kit Fox tapped his inner sleuth: "My editor sent me an old photo of three runners, asking me to dig up info on it. My only clue was the word 'Texas' on their shirts. A Google image search matched the shot with a 1964 *Sports Illustrated* cover that included the runners' names. It took three months to find the woman in the foreground of the photo, Janis Rinehart. A genealogy site linked [Rinehart to her husband, Jerry Brown](#) (a frustratingly common name) and their two kids. That led to a PDF scan of their son's 2003 wedding invitation that included an address. I cold-called a phone number associated with it; when Rinehart's sister answered, she connected us. The lesson? The internet is a very useful place."

SEEK AND YOU SHALL FIND THE MUSIC.

Mads Damsgaard Kristiansen



Singer-songwriter wearing the new Ride 8, goes out for a run, comes back with a song.

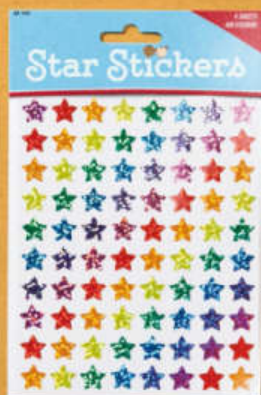


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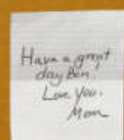


See his story at saucony.com/findyourstrong



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HUMAN()RACE

NEWS, TRENDS, *and* REGULAR RUNNERS *doing* AMAZING THINGS

STREET
STYLE

SHANA DRAUGELIS

39, MOM, BLOGGER,
BREAST-CANCER SURVIVOR
PHILADELPHIA

When Draugelis was home with a newborn in 2008, she looked in her closet of business suits and realized she didn't have a thing to wear for her new job: mom. Chic workout wear—apparel that looks as good running as it does running errands afterward—became her go-to. She started a blog, *The Mom Edit*, to document her fashion finds. She kept blogging—and running—while enduring chemotherapy for breast cancer in 2013. “I’m finally getting my energy back and am able to get out for more miles,” she says. “Running after chemo was excruciating. But it made me feel alive.” —KATIE NEITZ



“Unless it’s really hot, I like running in cotton. I got this graphic T at Nordstrom. As a mom, how can you not buy that shirt?”

“I used to have a problem with my socks stretching out and bunching up in my shoes when I ran. Now I wear Nike Frees without socks and it’s a whole new world.”

“This Stateside jacket has a modern fit and isn’t restrictive. The fabric is really thin, so it ties around your waist perfectly.”

“Crazy shorts are my jam. I love color and patterns. Flowy shorts with a lot of extra material can catch and rub. These Nike Pros are comfortable and layer easily.”



POSTRUN LOOK

SUNGLASSES
“These plastic Ray-Bans are light and look so cute; they help disguise a running outfit.”



BACKPACK
“I like wearing a backpack (like this Rebecca Minkoff one) because it keeps my hands free, which is helpful when I’m out with Raines (7) and Pax (4). It also fits a ton of stuff.”

LIPSTICK
“I like super-bright lipstick (like Zinfandel by Bite Beauty) with a makeup-free face. The downside is my boys don’t let me kiss them when I wear it.”

PANTS
“These Nike pants are lightweight and easy to pull over my shorts after a run.”



Kastor won the
More/Fitness/Shape
Women's Half
Marathon in April,
running 1:12:51.



RUNNER BY THE NUMBERS

DEENA KASTOR

42, MAMMOTH LAKES, CALIFORNIA

In 2004, Kastor took home bronze in the Olympic Marathon, and followed that feat with a 2005 Chicago Marathon win and an American record (2:19:36) at the 2006 London Marathon. Now, the masters (over-40) athlete has a new set of records to chase. Last fall, she set marks in the half marathon, 20K, 10 mile, 15K, and 10K. This month, she returns to Chicago aiming for the American masters marathon record. —MICHELLE HAMILTON



2:28:40

AMERICAN MASTERS RECORD KASTOR WILL TRY TO BEAT (SET BY COLLEEN DE REUCK IN 2005)

5:40

Pace she'll
need to run to
set the record

24

NUMBER OF RECORDS KASTOR HAS SET
OVER HER 31-YEAR RUNNING CAREER,
INCLUDING ONE IN MIDDLE SCHOOL

ONE THOUSAND

Number of bottles of wine in her cellar.
Favorite: 1999 Chateau Montelena
chardonnay, Napa Valley, California

15



NUMBER OF TUBES
OF SUNSCREEN
THE SKIN-CANCER
SURVIVOR USES
EVERY YEAR



NUMBER OF GREEK
BOTTLES OF WINE
CONSUMED BY KASTOR
AND FAMILY AT POST-
OLYMPIC BRONZE
MEDAL CELEBRATION
IN ATHENS

78

Number of quotes col-
lected in notebook, in-
cluding: "When you're
surrounded by people
who share a passionate
commitment around
a common purpose,
anything is possible."
—Howard Schultz

1:3

Kastor's pre-
ferred ratio of
pesto to pasta.
"I want plenty
of sauce on
my plate for
dipping."

161

NORTH JEFFERSON: ADDRESS OF KASTOR'S FAVORITE
RESTAURANT IN CHICAGO, BIN 36, WHERE SHE'LL
CELEBRATE POSTRACE. SHE LOVES THE MENU, WHICH
INCLUDES 15 ARTISANAL CHEESES.

eleven

Number of
pairs of running
shoes (all hers)
in her mudroom

120

Peak training
mileage for the
2015 Chicago
Marathon

GO YOU!

Runners who inspire us



**SISTER
STEPHANIE
BALIGA**

*Speedy nun runs
for others.*

On race day Baliga trades her nun's habit for a bandanna and wears a knee-length skirt. She clocked a 2:53 at the 2014 Chicago Marathon and intends to beat the women's Olympic Marathon Trials qualifying standard of 2:43 at this year's race. For Baliga, 27, running and faith are connected. "Running is a way I've been able to speak to God, and to listen to God speak back," she says. Today, Baliga serves at Mission of Our Lady of the Angels in Chicago's West Humboldt Park and organizes the running group Team OLA. Since 2011, the team has raised \$136,000 for food banks and after-school programs. —CINDY KUZMA



**JULIAN
GORDON**
*Oldest Chicago
Marathon pace
leader*

Gordon, 79, will pace the 5:10 group at the Chicago Marathon. A biophysicist, Gordon took up running in his 40s and ran his first Chicago Marathon in 1991 at the age of 55. Since then, Gordon has run all but one Chicago Marathon and led his first pace group (3:45) in 2001. The Lake Bluff (IL) Running Club member, who's also completed the London, Boston, and New York City marathons, has no plans of retiring from the distance. "My wife complains that the only way she can get me to go anywhere is if a marathon is involved," he says. —NELSON RICE

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YOU THRU YOUR RUN

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Miguel Blancarte runs through this issue's HR logo.

CHICAGO HOPE

A consultant loses 200 pounds and discovers a love for running.

→ **When Miguel** Blancarte went for a his annual checkup in November 2011, he knew he'd be told once again to drop some pounds. But Blancarte, who hit 344 on the scale, wasn't prepared for his doctor's grim warning. "He told me the way I was going, I wasn't going to live past my mid-40s," he says.

Blancarte, 24, a consultant in Chicago, had never known a normal weight. "I was a big kid and thought I'd always be big," he says. "But I didn't want to die young." He joined a gym, used a treadmill to speed-walk on an incline, and ditched fast food. Eight months after his doctor's pronouncement, he had lost 180 pounds.

He signed up for a 5K, and even though

he had to stop three times, he finished. "It was empowering," he says. "It was something I could never do, and now it was giving me this 'Hell yeah!' feeling."

Blancarte went on to race three half marathons, an Olympic-distance triathlon, a marathon, and a 50K ultra in 2013. Then in 2014, he completed a run streak—covering at least 3.2 miles for 200 consecutive days—plus the Chicago, Naperville (IL), and New York City marathons.

Today, he's 140 pounds and training again for Chicago. "When I look back, I realize how inactive I was, how I didn't make my health a goal," he says. "We are given one shot at life, and we should aim to live it well."

—JESSICA MIGALA

I RAN IT OFF!



MIGUEL BLANCARTE
BEFORE 344 LBS (ABOVE)
TODAY 140 LBS (BELOW,
IN CHICAGO)

HEALTHY HABITS

SIZE MATTERS

"I used to have a huge fridge stocked with unhealthy food. I donated it and got a small, dorm-sized one. It forces me to keep only fresh foods in the house."



PREP POINTERS

"I needed to learn to cook differently. Eating vegetables grilled is different than eating them breaded and deep-fried."

SIGNATURE DRINK

He blends kale, spinach, carrots, beets, broccoli, aloe, ginger, cayenne, chia, flaxseeds, apple, coconut water, and celery. "It's 400 to 500 calories and keeps me full," he says.



PHOTOGRAPH BY BILL ARCE/GETTY IMAGES (GRILLED VEGETABLES); ILLUSTRATION BY DAN WOODGER (ICON)

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©2014 Anheuser-Busch, Michelob Ultra® Light Beer, St. Louis, MO 95 calories, 2.6g carbs, 0.6g protein and 0.0g fat, per 12 oz.



THEY PAY ME TO...

WRITE RACE REVIEWS

Theater and race critic Zach Freeman explains how a running event earns a thumbs-up.

→ In his dual role reviewing plays and races at *Newcity*, a weekly cultural newspaper in Chicago, Freeman, 32, is always on the lookout for hidden gems. Sure, he loves major productions—plays and races alike (he'll run his fourth Chicago Marathon on October 11). But he takes special joy in helping new stage acts and inaugural races find their audiences. He got the gig after pitching the idea to his editor (also a runner) three years ago. Writing show reviews, he says, helped him figure out how to write race reviews—he thinks about the race as a production. Each 500-word review starts with a breakdown of his overall impressions. Then he gets into the details: price, course, organization, goody bag, weather. Here, he lays out what he looks for in a running event, noting one key difference between his two gigs: Though he stands a 50-50 chance of leaving a theater disappointed, "It takes a lot for me not to have a good time at a race." —CINDY KUZMA



A WINNING TITLE

"A catchy name for a race will definitely get me interested in writing about it, because I can see the headline already. Like the Frozen Gnome 50K and 10K; because it's named that, I drove an hour to Crystal Lake [IL] just to do it."



CREATIVE COSTUMES

"I typically look for shirts with either good material or a cool design. The Ridge Run, a race that's been going on for more than 35 years, prides itself on having a cool race shirt. Also, extra points if you have a hat or gloves or something interesting that stands out."



A TALENTED CAST

"When there's a big group of volunteers cheering while giving you water, that's exciting—versus one dude who's like, 'I'm friends with the race director and had to wake up early to be here.' You also want people who know what they are doing. Once at a race [that is no longer held], the person at the turnaround didn't say anything. So 30 of us ran right past her and ended up running an extra half mile."



A COMPELLING SCRIPT

"At the start of a charity race, it helps if someone talks about the cause. It gives you a good feeling, and it helps the sportsmanship of the whole thing. If it's a race with a gimmick, go all out. Like the Santa Hustle 5K: Runners dress like Santa, they have cookies on the course, and all the volunteers are elves."



GOOD SET DESIGN

"A closed course is nice for big races, but small races should take advantage of, say, a lakefront trail. I also look for unique courses. I've done 10 different races that started near the Peggy Notebaert Nature Museum. I like The Chinatown 5K [Chinatown Square finish] and the ALS Challenge [ends on U.S. Cellular Field]."



SMART STAGE MANAGEMENT

"You can't control the weather or equipment problems, but you should have a plan. At the Chicago Half Marathon in June a couple of years ago, it was crazy hot. They had so many sprinklers and ice cubes and cold, cold water. They can't help that it's 90 degrees, but they did everything they could to make it better for the runners."

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- RACE PREP
- ACTIVE RECOVERY
- CROSS TRAINING



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Carrie Tollefson

Olympian • Mom • National Running Champion

“The Zero Runner is an amazing tool and the perfect workout to complement running. I have tried endless different types of equipment, but the Zero Runner is the closest to actual running that I have ever experienced. It is helping me get stronger and faster without adding unnecessary stress to my legs.”



Kara Goucher

Two-Time Olympian • Mom • National Running Champion



see it move: zerorunner.com



#Zelle WHERE WOMEN RUN ONLINE
BY ELIZABETH KELSEY



RUNNING INTO MYSELF

Finding strength on the road gave one runner the courage to take off.

After four years together, my boyfriend and I rarely spoke. He ignored me—unless he was shouting at me. During the course of our relationship, he'd called me stupid, smashed dinner plates, and once grabbed my arm, hard, during an argument. He wasn't quite knocking me around, but things seemed headed in that direction.

¶ Full of doubt and fear, I ran.

Charging up hills, getting anaerobic, and feeling my hamstrings burn helped release my panic. Over the course of a run, my breathing would become steadier despite my churning, circular thoughts: *This guy is bad news...I can't leave...How can I leave? I love him.* ¶ When we moved to a new town, I joined the local running club, hoping to make friends. At first, I was the slowest person in the group. The fastest, a veteran marathoner, hung with me and coached me through side stitches while the others kept a slightly quicker pace, pushing me, watchful but aware that I had more potential than I realized. After a couple of

weeks, I noticed I wasn't thinking so hard when I spoke on our runs, while at home I measured my words, unsure which of them might spark an outburst.

Those first few months in the club, I felt the thrill of getting faster, the sense of accomplishment after my first 10-miler, the covenlike feel of a 5 a.m. group run. I broke 55 minutes in the 10K, logged 25 miles in a week, and signed up for my first marathon. My training partners provided a constant stream of tips and encouragement: "You have good form." "You were fast at that last race!" "You're looking strong, Liz!"

I'd never heard my boyfriend say so much as "Good job," and here I was, surrounded by people—recent strangers, really—who wanted me to succeed. Their effusive praise made me realize how spare things were in my personal life. While they dropped hints that I needed a wardrobe upgrade because I'd lost so much weight, my boyfriend only criticized me for splurging when he saw me in my new tights.

One night, as I set the alarm, he said, "How stupid for anyone to get up at 4:30 for a run." The next morning, I quickly silenced the clock before slipping out to meet my friends.

He wasn't treating me any better, but *I* was treating me better. I grew proud of my leaner, more muscular physique. I began to win age-group awards, and I strung my medals on a hook next to my dresser, hoping he might notice and congratulate me. He never did—never even came to a single race. Instead, at every finish line, it was my running friends who cheered for me and handed me water.

One afternoon as I dressed for a training session, I texted him my plans.

"You're going for ANOTHER run?" he responded. I knew what this meant: He was angry. Angry that I was spending time with other people. That I was pursuing an interest apart from him. That I'd be out when he got home from work.

As I texted, "Yes!" I realized—for the first time—that I wasn't worried about his reaction. In the past, I would have spent the entire run obsessing about what he would say when I returned. But on the trail that day, I felt weightless as I leapt over obstacles in my path.

He didn't come home that night until 4 a.m. When I asked him where he'd been, he told me it was none of my business.

"Fine," I said. I was exhausted. Tired of trying to please him. Tired of trying to fix things. If running 15 miles no longer wiped me out, then maybe my relationship shouldn't either. The next day, I laced up my Asics and headed out the door for good.

Elizabeth Kelsey, now in a happy relationship, is writing a memoir about her cross-cultural marriage. She met her husband at a 5K.



THE INTERSECTION

Where running and culture collide

MOMENTOUS



A man steals \$30 from a girls' lemonade stand. He claims to have dropped his money while on a run and asks for a free cup (which they give him), then he snags their loot and bolts.

Jon Stewart says he's started using a Couch to 5K app and finds its trainer to be "very polite and encouraging. Actually, I think I heard her sigh the other day."



Eminem tells *Men's Journal* how he ran—a lot: "I got carried away: 17 miles a day on a treadmill." Until he couldn't: "The pounding began to tear up my hip flexors." Maybe he should've stuck to 8 miles?

Organizers of the James Ray 5K Indian Attack are pressured into a change of plans: Native American reenactors didn't chase runners at this year's event.



Jake Gyllenhaal is reportedly in talks to star in a film about Boston bombing double-amputee Jeff Bauman.



Boston Marathon bombing survivor Adrianne Haslet-Davis appeals to Congress to get insurance companies to cover the cost of specialty artificial limbs—such as running blades—for amputees.



Lena Dunham posts a pic on Instagram, commenting how she now has "a different relationship to this formerly torturous activity."

STOP!



A Bugaboo stroller ad features a bikini-clad running mom. Real running moms take to social media to dislike.



Kanye West throws his mic after it cuts out during the closing ceremony of the Pan Am Games.



In a NYC off-Broadway play called *10K*, a man and woman meet while stretching at a park and go for a run together. The actors run in place for almost the entire 30-minute show, trading secrets and fantasies.

GO!



Lolo Jones takes heat after joking how she would last a minute in the ring with Ronda Rousey by running in circles. Twitter followers thought she was really challenging the UFC champ.



FRIVOLOUS



Blake Shelton's first tweet after his divorce goes public: "Just got off the treadmill. This calls for a drink."



Following runs in Boston, Toronto, and NYC, Kevin Hart hosts *another* spontaneous 5K, this time in Chicago, attracting 700 runners.

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**SOCIAL
MOVEMENT**

PARTY AT 8

An LGBT running club staffs the most festive aid station in the Chicago Marathon.



When you're running 26.2, the midrace miles often become a blur. But you'd never forget mile eight of the Chicago Marathon. With its three stages of dancing drag queens and volunteers clad in chaps, cheerleader uniforms, or wedding dresses, the aid station at the eighth mile makes a distinct impression.



Frontrunners is an international organization with more than 60 clubs nationwide and even more abroad.

To find a running group near you, go to frontrunners.org.

Frontrunners Chicago, a 33-year-old lesbian, gay, bisexual, and transgender running club, has staffed its hometown marathon's mile eight station—which sits in the middle of Boystown, the city's famed gay neighborhood—every year since 1988. It's the race's largest water stop. And its most festive. "Organizers used to give an award for the best aid station, but they stopped because we would win every year," says Corbin Woodling, 49, Frontrunners' treasurer. "What can I say, gays like a theme. We have hit every gay stereotype you can think of [see 'Past Themes,' at right]. This has put us on the map

in the Chicago running community."

While shaking pom-poms to Lady Gaga has earned the club notoriety, Frontrunners has a higher calling: to promote acceptance and inclusion. "At our recent board meeting, we recommitting that the most important thing we can do is to make someone who

shows up feel welcome and ensure that no one runs or walks alone," says Woodling, who recalls one member recently telling him that he didn't feel comfortable saying he was gay publicly until he joined the group.

Woodling, who has been a Frontrunner for 25 years, thinks recent events help the club further its cause. "The Supreme Court's ruling on gay marriage, the Military Equal Opportunity policy including gay and lesbian military members—these things have been monumental for our community," he says. "With those advances, it has created more acceptance of LGBT issues within the running community. Years ago, I would feel self-conscious wearing our club shirt to a race. But that has changed."



PAST THEMES

- 1998**
Salute to Disney
- 1999**
New Millennium:
Y2 Gay
("The Milly")
- 2000**
Age of Aquarius
- 2001**
The '80s
- 2002**
Broadway on Broadway
- 2003**
Wizard of Oz
- 2004**
Village People
- 2005**
Hairspray
- 2006**
Wild West
- 2007**
1970s Disco
- 2008**
Tropical Oasis:
A Good Lei Station
- 2009**
Weddings
- 2010**
Superheroes!
- 2011**
Lady Gaga
- 2012**
Football
- 2013**
Weddings
- 2014**
Miss America
- 2015**
To be revealed
October 11

The Chicago Marathon isn't the only race where the club has a presence. Frontrunners also volunteer at the Shamrock Shuffle 8K and at the JPMorgan Chase Corporate Challenge, and they collaborate with other groups to orchestrate Chicago's Proud to Run 10K and 5K during Pride Week.

The club also hosts "bring a family member" and "bring a friend" runs to welcome Chicagoans, no matter their sexual identity, to join in.

"It's a great way to meet superfriendly people," says Stacey Miceli, 50, who joined the group seven years ago. "I'm very shy. It is so much easier to get to know people on a



run than walking into a bar." Through Frontrunners, Miceli met her girlfriend.

Ten Frontrunners, including Woodling and Miceli, will run the Chicago Marathon on October 11; this will be Woodling's 20th. Club members train together Tuesday evenings and Saturday mornings. Every run starts and ends at Kwanusila—a 40-foot-tall totem pole on Chicago's lakefront trail. About 50 people come out for runs in the summer and follow them up with brunch or dinner. Because gay, bisexual, or straight, who doesn't love capping off a run with a party?

—K. ALEISHA FETTERS



ASK MILES

He's been around the block a few times—
and he's got answers.



I'm a friendly runner who says hello to other runners. But what is the etiquette when you pass people multiple times on a loop?

—Elizabeth B., Whidbey Island, WA

First, let me say this: Hello! Second, as a fellow friendly runner, I can tell you that this question has vexed me for ages. I have thought about it a lot. Here's where I've landed: On first encountering a runner, a friendly acknowledgment (wave, nod, "Hi," etc.) is in order. On the second pass, the proper response is a fleeting glance and tight smile. A self-conscious "Hi again! Ha ha!" is permitted at this point, but not mandatory. For third sightings and beyond, no greeting, or even eye contact, is required. Both parties, by then, know that further greetings would just be silly.

In my marathon finish photo, there is a relay runner next to me who ran only 4.4 miles. I feel slighted. Should races with multiple distances have separate finishes?

—Bill O., Butler, PA

Yes! In fact, all marathons should provide individual finish lines for each runner. Why should the "winners" be the only ones who get to break the tape? Okay, I'm having some fun. But your suggestion seems a bit over the top. Typically, marathons that include a relay print special bibs for those runners—using, say, a different background color. If this was the case at your race, most runners watching you finish (or viewing your photo) would know this. Nonrunners, on the other hand, wouldn't notice and wouldn't care if they did. Either way, your accomplishment isn't diminished one bit.

Have a question for Miles?
Email askmiles@runnersworld.com and follow [@askmiles](https://twitter.com/askmiles) on Twitter.

MILES ASKS



Do you run during family vacations? If not, do you feel guilty?

- ▶ Vacation runs are a must. It's a much better trip for everyone involved if I get my run. [@Swimbikerunwine](https://twitter.com/Swimbikerunwine)
- ▶ No and no. On vacations I take a break. I think it's good for my body. [@Infertilesowhat](https://twitter.com/Infertilesowhat)
- ▶ I love running on vacation. Vacation is my time to relax and do what I love, including running. [@bmurph83](https://twitter.com/bmurph83)

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Road Scholar

BY PETER SAGAL



RUN, ROCKY(S), RUN!

Staying true to an underdog's spirit on the streets of Philadelphia

The first and most obvious question upon hearing that an obsessed Philadelphia ultrarunner has created a 50K “Rocky Run” to recreate, in real life and on real streets, the “training run” montage from *Rocky II* is: Why not the one from the original *Rocky*? ¶ First of all, the 1976 original *Rocky* is the only production out of the 47 movies in the series (joking) and the one Broadway musical (not joking) to actually be any good, and people don’t go huffing and puffing up the steps to the Philadelphia Museum of Art, flinging their arms in the air, because of the *second* movie’s cheesy montage, in which Rocky is followed by children all through Philly. No: They do it to recreate Rocky’s original triumph, getting in shape, achieving now what he couldn’t before, as he leaps the steps two at a time en route to his destiny! ¶ “Well, the first one is pretty short,” explained Rebecca Barber, the 27-year-old ultrarunner who’s organizing the third annual Rocky 50K Fat Ass Run for December. “Plus he does all these crunches and stuff. If we used *Rocky I*, we’d have to do more boxing and less running.” ¶ The Rocky 50K arose, as it seems like a lot of things do in ultrarunning, due to happenstance and somebody saying, “Why not?” First happenstance: Barber, who’s run 15 marathons and 14 ultras, completed her first 100-miler in 2012 in the unlikely locale of New York City. Running 100 miles through the streets of a major metropolis struck her as a fun and comprehensive way to get to know it...and it was soon after (second happenstance) that one Dan McQuade published an article in *Philadelphia* magazine. Mr. McQuade loves the *Rocky II* training montage best—no accounting for taste—and went to the trouble of figuring out that if Rocky actually ran in each of the iconic locales pictured, in order of appearance, he would go on a bizarre,

down and back, up and in peregrination of Philadelphia that would encompass about 50 kilometers. Mr. McQuade, although a runner, finished his article by writing, “This is one long run. I don’t recommend anyone try it.” Which is when Barber said, “Why not?”

She announced it with a Facebook group page and a website, and printed out detailed turn-by-turn directions, and in December 2013 the first ever Rocky 50K weaved its way through Philly in the fictional boxer’s fictional footsteps. It was a “fat ass” race in ultra argot, meaning that it was organized but unsupported. No timers, no water stops, no medals, just a bunch of people starting out at the same time for the same destination. And of course, there would be no entry fee, though participants were urged to donate shoes for Back on My Feet, a running program for the local homeless population. About 150 people ran in the first Rocky 50K, many finishing in about five and a half hours or so, and some small number of them ran part of the race in Rocky’s trademark, if somewhat warm, gray sweats and red headband. It was great fun, says Barber, and such an improbable hoot that it was written up on the front page of *The Wall Street Journal*.

Which was why, Barber thinks, she got a letter from an attorney for MGM—a movie studio responsible for *The Hobbit* trilogy, its legacy James Bond movies, and *Hot Tub Time Machine*—which happens to own intellectual property rights to the *Rocky* films. The letter informed Barber that “MGM recently became aware that you are infringing on MGM’s intellectual property rights in *Rocky*...” and went on to instruct her to remove the name “Rocky” and any hint of any connection to the movie and related properties from her advertising, event, etc., etc., etc., and that “failure to comply with these demands will cause MGM to take appropriate legal action.”

In this life, the story of being a hero will always be less interesting than the story of becoming one.



Barber reacted, she says, by panicking. (“I just knew they have lots of money and I don’t.”) That panic turned to anger, and maybe a small amount of pride, when she discovered that just days after *The Wall Street Journal* article appeared, somebody registered the web domain for “RockyBalboaRun.com.” It turned out to be a sports event producer licensed by MGM to create an official Rocky Run 5K and 10K. It’s got all kinds of “official” Rocky imagery, with a nice medal and a T-shirt and registration fees running up to \$65 for the 10K. Yay, Official Rocky.

But runners come in all types, and one type in Barber’s community is an intellectual property lawyer. He told her that while specific characters can be trademarked, as can imagery and individual creative works, MGM can’t simply claim to own everything with the name “Rocky.” Do they own Rocky Road ice cream? Rocky and Bullwinkle? Rocky relationships? Of course not. So the 2014 Rocky 50K went off with its name intact—albeit with its logo changed from an outline of a boxer with his hands in the air to a generic pair of boxing gloves—and despite the miserable weather, Barber and 150 or so friends again retraced the steps of Rocky (II), and in the doing of it collected 1,200 pounds of shoes for Back on My Feet.

Thus on November 14 of this year, the official Rocky Run 5K and 10K will start and finish in front of the Philadelphia Museum of Art, with a compact out-and-back course along the Schuylkill River, although, as the website notes, competitors will *not* be able to run up the museum steps. Still, to all the participants we shall say, “Congratulations! Good for you for doing the run, and enjoy your medal, you earned it!”

And then, three weeks later, 150 or more ultrarunners will gather at the house that Rocky Balboa “bought” with his winnings from

the fight in *Rocky*...and then, without support, without T-shirts, without swag or medals or bags, they will retrace Rocky’s impossible, joyous run out and back, up and down, the streets of Philadelphia, from South Philly to the Italian Market to the B Street Bridge to Kelly Drive then downtown and then right up the Benjamin Franklin Parkway to the steps of the Philadelphia Museum of Art, and then they will run up those steps as God intended, and there shall be arm pumping and shadow-boxing, and the hearts of the people shall be made glad. MGM may own the intellectual property rights to the *Rocky* trademark and character, but Barber and her friends have conjured something much closer to the spirit of *Rocky*. (The original one.)

Because one of the many reasons every movie after the original suffered and is diminished in memory is that, in this life, the story of *being* a hero will always be less interesting than the story of *becoming* one. (This is also why *The Matrix* sequels sucked.) When we first met Rocky in 1976, he was out of shape, out of luck, out of options, and due to random chance and a lot of hard work—plus tumblers full of raw eggs—he transformed himself into something greater than he was and achieved something nobody ever imagined he could. That is the story of every human in the larger sense, and every runner in the specific sense. The training montage in *Rocky* is much better than the one in *Rocky II* because in *Rocky*, we don’t know yet that he can do it. Neither does he.

Rebecca Barber started her free, rewardless, supportless race in the same spirit, and in the same spirit it goes on. “As cheesy as it sounds,” she says, “we’re 150 underdogs!”

Damn straight, Rebecca. And: “Yo! ADRIAN!” 

Peter Sagal is a 3:09 marathoner and the host of NPR’s *Wait, Wait...Don’t Tell Me!* For more, go to runnersworld.com/scholar.

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SEA CHANGE

Showing up in both high-end restaurants and fifth-graders' lunch boxes, seaweed is being touted as the new kale. A staple in Asian diets for centuries, it's low in calories and provides a wide range of vitamins and minerals. Crunchy seaweed snacks (shown here), made from roasted, salted nori, are a healthy alternative to potato chips. (Though be warned: "They don't taste anything like potato chips!" says RW Editor-in-Chief David Willey.) A serving of dulce seaweed provides 550 milligrams of potassium, 15 percent of your daily iron needs, and two grams of fiber. Some say its rich, briny flavor is reminiscent of bacon. Ha! For more of the new superfoods, see page 46.

Thin sheets of roasted seaweed make for virtuous crunchy, salty snacks.

LEVELS OF DIFFICULTY

Spend time on inclines, flats, and routes with both to build speed as well as strength.

By Kelly Bastone

THE GREEK PHILOSOPHER ARISTOTLE SAID, “We are what we repeatedly do.” Runners would do well to remember that when considering go-to routes. The terrain we train on shapes our strengths and weaknesses, which is why smart racers make sure to log training runs that mimic their course’s grades. Hills use different muscle groups and movement patterns than flats, while rolling terrain requires your body to adjust to short bursts of uphill effort (and downhill recovery).

When our runs always follow the same elevation profiles, we may develop imbalances that inhibit performance, says Florida-based running coach and author Lynn Gray. “Runners always become better when they can develop a range of different skills and muscle groups,” she says. Here’s how to maximize the benefits of each terrain type—and how to vary your hill diet for well-rounded running performance.

MASTER THE HILLS

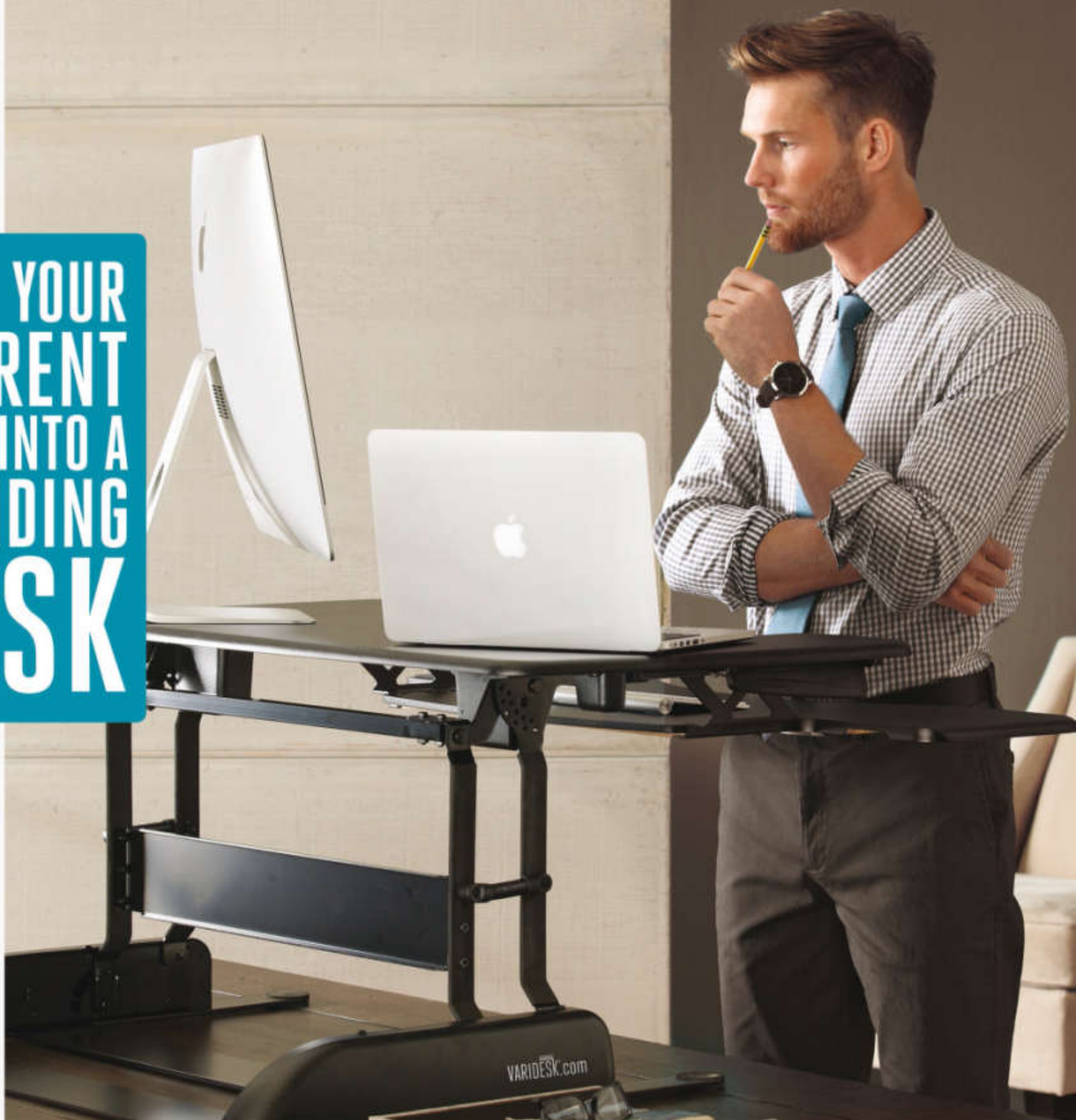
“Hills are essentially speedwork in disguise,” says Nick Welch, a running coach in Seattle. “Good uphill running form requires the same knee drive and arm action that you need to sprint effectively, and resisting gravity develops leg strength, just like in the weight room.”

THE WORKOUT Find a long hill that’s steep enough to get your

muscles burning but still lets you take a full, powerful stride. Run four or five uphill repeats, each one lasting three to six minutes, at the fastest pace you can maintain throughout the workout without losing control of your breathing and form. “This really builds stamina and strength in the quads, glutes, and calves,” says Welch. Long hills also develop the mental toughness required in racing. Think ➔

Stair workouts are an effective way for flatlanders to mimic hill running.

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➔ **quality over quantity:** Welch recommends one or two long hill workouts every two weeks. (The goal is to add variety, not to make hills your routine.)

SEEK OTHER TERRAIN IF You're due for a recovery run, you want to practice locked-in pacing, or you have injuries (such as Achilles tendinitis or plantar fasciitis) that are aggravated by hills.

GO FAST ON FLATS

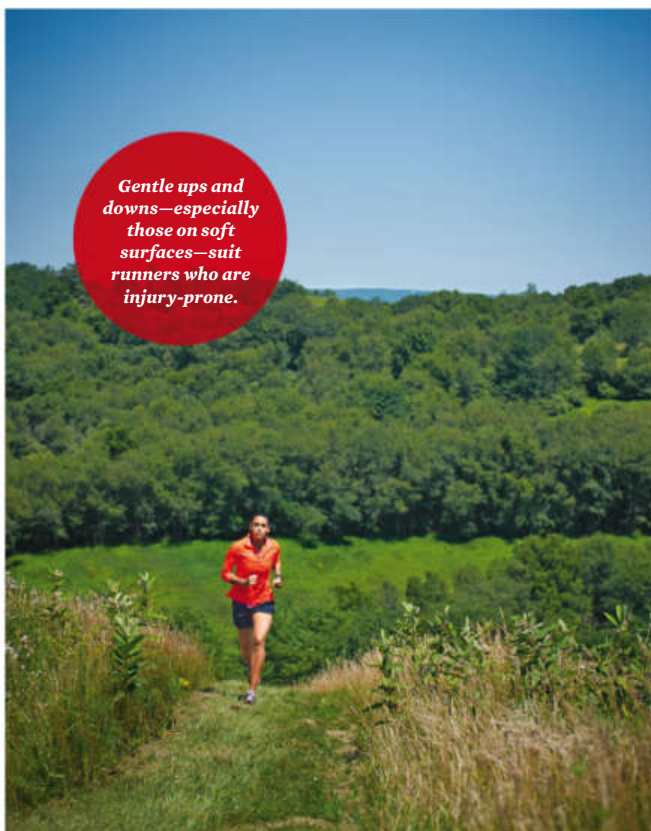
Level terrain may be aerobically easy, but it's harder on your hamstrings (which perform 40 percent of the work on flats, compared to 20 percent when climbing hills). With no hills to throw you off, flat

roads or treadmills are the perfect places to practice good form, breathing, and pacing, "which is the key to succeeding at longer distances," says Gray.

THE WORKOUT Warm up with five minutes of easy running, followed by two to three strides (30-second bursts of race-pace running separated by 30 seconds of rest). Then run at 90 percent effort (about 5K race pace) for 30 seconds, at 80 percent effort (like your 10K pace) for three minutes, and finish with a 15-second sprint at 95 percent effort. "Pay attention to your form throughout, and really focus on pumping your arms during that final burst of speed," says Gray. Recover with five to eight minutes of easy running, then repeat one to four more times.

SEEK OTHER TERRAIN IF You're racing on hills and need to mimic that challenge,

Gentle ups and downs—especially those on soft surfaces—suit runners who are injury-prone.



you're developing injuries ("the sameness of level terrain can feed overuse syndromes," says Gray), or you're craving improvement. "The power and strength that hills develop is great for leaping off a plateau," Gray says.

LEARN TO ROLL ALONG

Rolling hills aren't usually steep or long enough to truly challenge uphill running muscles or require hill-specific form, so they can't take the place of hill workouts. But, says Welch, the changing grade does engage various muscle groups and helps eliminate weaknesses—which is important whether your goal is overall fitness or a fast finishing time. Rolling terrain also burns more calories than flat routes. And because it regularly

prompts your body to adopt varying body positions and foot strikes, rolling terrain might lessen the likelihood of injury during recovery and base-building sessions.

THE WORKOUT Schedule two to three weekly 30-minute runs on rolling terrain, and try turning the uphill into fartleks: Increase your effort on the climbs, and recover on the descents.

SEEK OTHER TERRAIN IF You're racing on a course that's notoriously flat or hilly, especially if your target event is a half or full marathon. You'll need to log one or two weekly runs (preferably including your long run) on terrain that's comparable to your racecourse. Otherwise, you can end up feeling undertrained on race day—just as hills crush runners accustomed to flats, level courses can leave hill-attuned racers feeling dead-legged. 🏃



DIY Hills These workouts build the same power and strength as inclines

STAIRMASTER

It replicates challenging hills better than many treadmills. "StairMaster workouts let you practice pumping your arms while maintaining a non-pounding movement," says coach Lynn Gray.

STAIRS

Stadiums and office buildings offer enough flights to substitute for hill repeats. "Just be sure to keep your arms pumping," says Gray.

HIGH KNEES

Running with high knees on flat terrain (above) mimics the form and explosive strength you'll need on hills. Gray (a Florida flatlander) used high knees during long runs to train for the hilly Crater Lake Marathon, where she won her age group. Start with short bursts (30 seconds at a time) and work up. To avoid injury, pump your arms and make sure your foot strikes are soft.



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THE STARTING LINE

TIPS FOR BEGINNERS FROM AN EASYGOING COACH

BY JEFF GALLOWAY



RUN, RECOVER, REPEAT

Treat your body well all day to maximize your miles.

➔ You already know that running has significant health benefits. What you may not realize is that what you do between runs affects how much your body gains from your workouts. Running every other day, as I recommend, gives you time to recover and reduces your risk of injury. And there are other rules you can follow to ensure that your nonrunning time helps (and doesn't hinder) your efforts.

DO Cross-train

Activities like spinning, using the elliptical, and aqua-jogging improve your fitness without generating impact on your body. Cross-train on nonrunning days to build your cardiovascular system and work your muscles in a different way. Recharge with at least one total rest day per week.

DON'T Stay up late

Just because you aren't getting up early tomorrow to run doesn't mean you should delay your bedtime—no recovery method beats a solid night of shut-eye, and you're more likely to sleep well consistently when you go to bed and wake up at around the same times every day.

DO Fuel properly

Take in carbs and protein within 30 minutes of finishing every run to help your body restock its energy stores (and to avoid feeling like you're starving later). After short runs (four miles or less), consume about 100 calories. Long runs (13 miles or more) require up to 300 calories. For in-between runs, eat an in-between amount. If you run right before breakfast or dinner, simply refuel at your meal.

DON'T Relax too much

Most people—even runners—spend too much time on their rears. Standing up and moving around every 15 minutes or so can prevent flexibility issues and improve overall health. 

You Asked Me Jeff answers your questions.

Do compression socks help recovery?

Some research has found that compression sleeves or socks that cover the calves can speed recovery after hard workouts. However, they won't counteract the negative effects of overdoing your running or not sleeping enough.

What if I still feel tired after a rest day?

Walking will help increase bloodflow to the muscles, which can boost energy. After five to 10 minutes of walking, try five to 10 seconds of slow jogging, followed by 50 to 60 seconds of walking. This can invigorate a walk without increasing fatigue.

The Excuse I forget to move around when I'm working or watching TV.

BEAT IT

At the office, a timer can remind you to stand, until you get in the habit. At home, move around during commercial breaks. In either setting, drink lots of water. You'll need to get up to refill your glass as well as to use the bathroom—and you'll be well hydrated.



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THE FAST LANE

TRAINING ADVICE FOR PEAK PERFORMANCE

BY ALEX HUTCHINSON



The fewer worries you have prerace, the more mental power you can devote to holding your goal pace.

lized in a cast, for example, you can maintain some of your muscle strength by imagining contractions of the immobilized muscles.

But there's a cost: Last year, Canadian researchers found that visualizing a fatiguing action decreased muscular endurance in a subsequent test.

Visualizing your race is a great way to prepare to achieve your goals, but dial it back in the days leading up to your race.

STRESS RECESS

The longer the race, the longer you'll have to maintain your focus, so mental fatigue is a particular concern in races of 10K or longer. It's tempting to see your final-week taper as a chance to catch up on tasks that have been piling up. But the days before an important race are not the time to, say, do your taxes.

If you're traveling to a race, consider arriving an extra night early. The hassle of a Friday evening trip to a Sunday race could be worthwhile if you have all of Saturday—the most important day of your mental taper—to relax. Try to make as many decisions as possible in advance: Book a prerace dinner reservation, figure out race-day logistics, and set aside a good book to read or movie to watch (but not *War and Peace*). Oh, and turn off your work email. You've invested a lot of effort to get your body in peak form, so make sure your mind is just as primed to compete. **EW**

REST YOUR HEAD

To race your fastest, your brain needs a taper, too.



In the late 1880s, an Italian physiologist named Angelo Mosso made a curious observation: He tested the muscular endurance of two fellow professors before and after they administered oral exams and found that after their mental efforts their muscles tired more quickly. It was the first demonstration that mental fatigue affects physical performance—a lesson to remember in the days leading up to a race. Just as you taper your mileage to rest your legs, you should also taper your mind.

MIND POWER

Maintaining your goal pace is like holding your finger close to a flame: You have to overcome your inclination to pull away from the discomfort. This “response inhibition” is a mental skill you use in everyday life (when being polite to someone you don't like or

passing up a second helping of dessert, for example). But it's a finite resource. Last year, British researchers showed that subjects completing a computer test designed to require response inhibition ran a subsequent 5K time trial 5.3 percent slower than when they completed a similar

computer test that didn't require response inhibition.

In a similar—and more bizarre—study, volunteers watched a three-minute video designed to elicit disgust. (It involved eating vomit.) Simply watching the video didn't affect a subsequent 10K cycling time trial compared with not watching it. But when volunteers were asked to hide their emotions while watching the video, they slowed by 3.3 percent in the time trial afterward and reported a higher sense of effort from the start. It was the effort of suppressing their natural response that left the subjects mentally fatigued.

Even visualizing your race can leave your brain tired. Mental imagery can be powerful: If you're immobi-



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RACE PREP

RACE NAKED

Sometimes you can finish faster without your gadgets.

By Lisa Marshall

SMARTPHONES AND GPS WATCHES have revolutionized our sport, enabling us to track pace and distance in real time. According to Running USA, 52 percent of runners carry GPS devices. But there is a downside: “There’s been a shift from training and racing by feel to training and racing by numbers,” says Jenny Hadfield, a running coach in Chicago. Race according to your watch in heat or on an off day and you risk going out too fast and flaming out. If you let it dictate your pace when you’re feeling great, you might hold back unnecessarily, robbing yourself of a PR. Check it obsessively in either case and you’ll stress yourself out. Better to tune into your “inner GPS” first and foremost, says Hadfield. “When you run by feel, you race at your optimal speed for the given day.”

Emancipate your wrist—and your mind—from the burden of stressful, real-time pacing data.

SENSE YOUR SPEED

“Your breathing is the easiest way to stay in tune with what’s going on inside your body,” says coach Budd Coates, author of *Running on Air: The Revolutionary Way to Run Better by Breathing Smarter*. Pay attention to your inhale/exhale patterns: Use a five-step count (inhale for three steps, exhale for two) for slow to moderate runs and a three-step count (inhale for two, exhale for one) for moderate to hard workouts. Hadfield uses a color-coded intensity scale: yellow (you can converse easily), orange (you can manage a few words at a time), and red (you can’t talk). [By tuning into your](#)

[perceived effort in workouts, you can use it to guide your racing.](#)

You may run entire shorter races like 5Ks at a moderate to hard effort level, while a marathon merits spending at least the first 15 miles in a comfortable-to-moderate zone.

HONE YOUR SKILLS

To get started, do at least one run per week without GPS—if it’s a long or recovery run, you’ll be more likely to go at an appropriately easy pace. Every few weeks, do a workout to practice changing effort levels: Warm up with 10 easy minutes; run three minutes at a moderate pace, one minute hard, two minutes easy, five times total; then finish with a 10-minute cooldown. To hone race-day skills, [try a GPS-free 5K or 10K before your goal race](#) to practice tuning into your exertion level despite starting-line adrenaline and competitive drive.

SNEAK A PEEK

If having no pacing data is too unsettling, [wear a normal watch and glance at it occasionally](#)—halfway in a 5K, every five miles in a marathon—comparing how you feel to how fast you’re going. Or rely on the race clock, or latch onto a pace group (if the pace feels comfortable). These all give you a sense of your speed without the stress—and surges and brakes—that can come with obsessive pace-checking. Or you can wear your GPS device and simply ignore it until the race is over. “It’s not about never running with GPS,” says Hadfield. “It’s about allowing it to become what it’s meant to be: a measuring tool, not a coach.” **EW**



CLIMATE CHANGE



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NOT SO INNOCENT

These sneaky diet downfalls deserve a bad rap for undermining your health and training.

By Amanda MacMillan

SPORTS NUTRITIONISTS get asked a lot about which foods runners should eat to boost performance or health—and which foods to avoid. It's not always easy to figure out. Health-food impostors can fool even savvy runners. "Some foods simply don't add much benefit," says sports dietitian Heather Mangieri, M.S., R.D.N., a spokesperson for the Academy of Nutrition and Dietetics, "and some can be detrimental to performance."

Sure, you know that triple-scoop ice cream sundaes fall on the rarely-to-never end of a runner's ideal diet spectrum. But here are a few surprising foods and beverages that should be an occasional treat at most—or even better, swapped out entirely for healthier choices.

FLAVORED YOGURT

Dairy is a great source of calcium, potassium, and protein. But flavored yogurts are typically sweetened with sugar—some pack more than 30 grams per serving. "Stick with plain Greek yogurt," says Mangieri. It has just eight grams of naturally occurring sugar, plus 20 grams of protein, per serving. "Top it with fresh fruit and crushed nuts."

MULTIGRAIN BREAD

Loaves marketed with the word "multigrain" can still primarily contain refined white flour. "I've seen athletes buy 'honey wheat' or 'seven grain' bread because

they think it has more nutrients," says Lindsay Langford, M.S., R.D., a sports dietitian at St. Vincent Sport Performance in Indianapolis. "These may actually just have more sugar and calories and very few whole grains." Look to the ingredients: The first item should be whole-wheat flour or another whole grain, rather than anything enriched or bleached.

SPORTS DRINKS

Carb-rich electrolyte drinks can be lifesavers during runs that last an hour or longer. Too often, though, runners down them during short workouts or when they're not exercising



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at all. “Their main ingredient is sugar, and lots of it,” says Langford. “When you’re sitting at work, they’re not giving you a performance benefit—just added calories you don’t need.”

ANYTHING PARTIALLY HYDROGENATED

If you see partially hydrogenated oils on an ingredient list, it means the food contains artery-clogging trans fats—even if the label lists zero grams. Companies can round down if a food has less than half a gram per serving. “Trans fats increase cholesterol levels,” says Langford, “and the body can’t easily convert them to energy, so they can also decrease athletic ability.” Last June, the FDA announced that companies must phase out trans fats completely within three years. Until then, read ingredient lists on foods like margarine, popcorn, nut butters, and cookies—if one has partially hydrogenated oils, skip it.

BEER

Runners love to socialize over postworkout beers—but having more than one can hinder your body’s ability to repair itself. “Beer does have carbs, but it’s not a good recovery drink,” says Jim White, R.D.N., owner of Jim White Fitness and Nutrition Studios in Norfolk, Virginia. That’s because alcohol is a natural diuretic that can leave you dehydrated. “Have a beer, but don’t let it replace water,” White says. In fact, drink extra H₂O if you’re imbibing.

ENERGY DRINKS

In small amounts, caffeine can boost athletic performance and make a hard run seem easier. But get your buzz from a cup of coffee



or energy gel instead. A 2014 study published in the *British Journal of Nutrition* found that athletes who used energy drinks did see slightly improved speed and distance, but they were also more likely to experience agitation, insomnia, and nervousness for hours after competition.

NUT BUTTER IMPOSTORS

Peanut and almond butter can be a runner’s best friends—if you’re buying the real deal. The ingredient list should include nuts, salt, and that’s about it; if you prefer sweetened versions, opt for those with no more than three grams of sugar per serving, says Langford. (And yes, you should have to stir it!) Flavorings like cinnamon are fine, but watch out for chocolate-and-nut-butter spreads: Some pack more than 20 grams of sugar and four grams of saturated fat per serving (and often, hydrogenated oils).

PROTEIN BARS

“Many of my clients think they need a protein bar or shake after they work out,” says Felicia Stoler, D.C.N., M.S., R.D.N., a registered dietitian and exercise phys-

5 Superfoods to Eat Right Now

RAISINS

These chewy morsels are a source of iron—a fatigue-fighting nutrient that some athletes fall short on, says Mangieri.

BEANS

What do the longest-living populations have in common? They eat lots of beans, which are rich in protein, antioxidants, and complex carbs.

TEFF

This tiny gluten-free grain has double the protein and fiber of brown rice. “Teff muffins are a great prerun snack,” says White.

YERBA MATE

With a mellower buzz than coffee and more antioxidants than green tea, “it may give runners better focus and energy to enhance performance,” says White.

SEAWEED

Kelp, nori, and other kinds “provide iodine, fiber, calcium, and vitamin C,” says Stoler. She likes roasted seaweed snacks for “the added sodium after a workout.”

ologist in Red Bank, New Jersey. “But that usually comes at the expense of the carbs—and real foods—they should be eating.” Skip the bar and instead eat a little protein throughout the day, says Stoler, which is how the body best absorbs it. If your diet includes foods like fish, chicken, dairy, legumes, and whole grains, you don’t have to add processed protein to your postworkout routine.

SODA

You know regular soda is a source of empty calories, but runners should steer clear of diet drinks, too. A study published last year in the journal *Nature* found that artificial sweeteners used in these drinks may alter gut microbes in a way that increases glucose intolerance, potentially increasing risk for diabetes (though more research is needed). And artificial sweeteners like aspartame—not to mention carbonation—can cause GI distress in runners, says White. “An occasional soda won’t hurt you,” he says, “but when people drink it regularly and in place of water, the effects can be devastating.”

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†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



THE RUNNER'S PANTRY

OLIVE GARDEN

RW contributing chef **Pam Anderson** shares secrets of this Mediterranean staple.

JUST LIKE THEIR NAMESAKE OIL, olives are rich in monounsaturated fats that help protect your heart and antioxidants that reduce inflammation. Different ripening and curing processes create varieties in a vast array of flavors and colors. "Olives may be small," says 10-time marathoner Pam Anderson, "but their briny, piquant flavor brings ordinary ingredients to life." She incorporates the fruit (yes!) into Mediterranean-inspired dishes, like pizzas and salads. Anderson's latest cookbook, *Three Many Cooks*, is a memoir-with-recipes that she wrote with her two daughters. —YISHANE LEE



SAVORY SALAD
Large, bright green Castelvetrano olives add fruity flavor.

- 1 pound thin green beans, blanched
- 6 Castelvetrano or pimiento-stuffed olives, sliced
- 1½ ribs celery, diced small, plus ¼ cup celery leaves
- 1 medium shallot, thinly sliced
- ▶ Zest and juice from ½ lemon
- 2 tablespoons extra-virgin olive oil
- Salt
- ▶ Ground black pepper

In a bowl, combine the green beans, olives, celery and leaves, shallots, and zest. Toss to combine. Drizzle with the lemon juice and oil. Season with salt and pepper. Serves 6.



SWEET TAPENADE
Serve on toasted baguette slices spread with goat cheese.

- 1 clove garlic
- 1 cup dried figs
- 1 cup canned California ripe black olives
- 1 teaspoon herbes de Provence
- 1 teaspoon minced fresh rosemary
- 1 teaspoon orange zest
- ▶ Ground black pepper
- 2 teaspoons balsamic vinegar
- 2 tablespoons extra-virgin olive oil

In a food processor, mince the garlic. Add figs, olives, both herbs, zest, and a bit of pepper. Process until finely chopped. Add vinegar and oil; pulse to combine. Makes 1½ cups.

Too bitter to eat fresh, olives are cured with lye (it gets washed out), salt, water, or the sun and air.

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THE
GO?



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STAYING HEALTHY ON THE ROAD

HERE ARE A FEW COMMON TRAVEL CHALLENGES AND SUGGESTIONS:

1 "I HAVE NO WILLPOWER WITH GAS STATION OR AIRPORT TREATS"

Hitting the road without packing snacks is like heading to the grocery store on an empty stomach: it's not going to end well. Set yourself up for healthy eating on the go by packing fruits, veggies, bars, and other healthy snacks. Once you arrive at your hotel, try to choose the healthy local options from the menu.

2 "I'M NOT FAMILIAR WITH MY DESTINATION"

Ask your hotel if they have running maps or suggested routes for their guests. If they don't, try doing some research before you leave to avoid the stress of finding routes once you arrive.

3 "MY TRAVEL SCHEDULE IS JAM PACKED"

Look at your itinerary before you leave and find spaces when you can squeeze in a workout and check the hotel gym hours. Even a 30 minute workout is better than nothing. Then write down your plan. Studies show you are more likely follow through if you write it down.

To learn more about staying fit while traveling, follow Chris:

[instagram.com/chrisheuisler](https://www.instagram.com/chrisheuisler)

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FRIDGE WISDOM

NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

BY LIZ APPEGATE, PH.D.



Studies show that the protein and carbohydrates found naturally in milk aid in muscle repair and recovery.

NEWS YOU CAN CONSUME

The latest nutrition research may help you run faster, lose weight, and speed recovery.

DRINK MILK, FEEL FULL

In a recent study from the U.K., runners drank 20 ounces of fat-free milk post-long run or a carb drink with an equal number of calories. The milk group ate 10 percent fewer calories at their next meal, compared with those who'd had the carb drink. Researchers theorize that milk protein may curb appetite.

MAKE IT WORK Trying to lose weight? Reach for milk rather than sports drink post-run.

STICK WITH WHEAT

For a week, healthy, nonceliac cyclists (at the Canadian Sport Institute in Victoria) followed a gluten-free diet—supplemented with an energy bar that contained gluten, or one without. Researchers found no

differences—in cycling performance or in wellness evaluations—between the groups.

MAKE IT WORK If you feel gluten makes you sick, see a specialist. Otherwise, get your carbs through a variety of sources.

DON'T CUT CALORIES

If you've ever tried to lose weight, you've probably cut calories. Bad move, according to researchers from Appalachian State University. They found that reducing calorie intake by 25 percent for just one day lowers your resting metabolic rate (the number of calories your body burns at rest) by six percent.

MAKE IT WORK To shed pounds, increase your exercise, which will burn calories without negatively affecting your RMR.

41

Percentage of healthy, nonceliac athletes who have tried following a gluten-free diet, according to one study.

105

Average number of calories burned running one mile (the exact amount ranges from 90 to 120, depending on your size and speed), making the sport ideal for weight loss.

50

Calories in eight ounces of sports drink. For a performance boost minus the calories, sip the drink, but don't swallow—spit it out. (Watch out for fellow runners.)

POP A BEET JUICE PILL

Betalains give beets their red color, and according to a study from the University of California Davis, these compounds may also boost performance. After taking a betalain supplement made by Racerunner every day for a week, runners had lower heart rates and perceived levels of exertion during a warmup compared with a control group—and they ran faster 5Ks.

MAKE IT WORK During intense training, consider taking 100 mg of purified betalain daily.



SIP OVER 60

Past studies show that when young athletes swish sports drink in their mouth (and then spit it out), it can help them run farther. Simply tasting carbs may stimulate the

body to push harder. But does it work for older athletes? Researchers from Brazil had participants (average age 63) run hard for one hour. The runners rinsed their

mouths with a sports drink or placebo at the start and halfway through the run. Compared with the placebo group, the sports drink group ran about one kilometer

farther—without raising their average heart rate or perceived exertion level. **MAKE IT WORK** Whatever your age, give mouth rinsing a try for races around an hour.

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Quinoa



QUICK BITES

GREEK CURRENCY

Savory or sweet mix-ins punch up the nutritional profile of Greek yogurt. Use $\frac{3}{4}$ cup plain, preferably low-fat.

By Matthew Kadey, M.S., R.D.

BLACK FOREST

The antioxidant payload from dark chocolate and cherries in this dessert bowl may help lessen oxidative damage caused by high-intensity exercise.

STIR IN 1 ounce melted dark chocolate. Top with $\frac{1}{2}$ cup pitted, halved cherries and a sprinkle of unsweetened coconut flakes.

CURRY MANGO

This sweet-and-savory combo provides cholesterol-lowering monounsaturated fat. Cashews offer magnesium, which improves muscle strength.

STIR IN $\frac{1}{2}$ teaspoons curry powder and pinch of cayenne. Top with $\frac{1}{2}$ cup diced mango, $\frac{1}{4}$ avocado, chopped cashews, and lime zest.

ROASTED GRAPE

Roasting boosts grapes' natural sweetness. One study found that nutrient-dense almonds can help improve muscular endurance.

STIR IN 1 teaspoon honey. Top with $\frac{3}{4}$ cup roasted grapes, 2 tablespoons chopped almonds, and 1 teaspoon minced fresh rosemary.

BALSAMIC BERRY

A little balsamic glaze adds sweetness without too much sugar. The vitamin C in strawberries may improve exercise performance.

STIR IN 2 teaspoons each balsamic glaze and honey, plus a sprinkle of lemon zest and cinnamon. Top with sliced strawberries, pistachios, and sliced basil.

LEMONY BEET

Beets are a leading source of nitrates, compounds that have been shown to improve exercise endurance. Walnuts provide heart-healthy omega-3 fats.

STIR IN $\frac{1}{2}$ cup diced cooked beet, 2 teaspoons chopped dill, a sprinkle of lemon zest, and pinch of salt. Top with chopped walnuts.

JAVA FIG

The center of the cocoa bean, cacao nibs pack crunch, cocoa flavor, and disease-fighting antioxidants.

STIR IN $\frac{1}{4}$ cup coffee-fig puree (soak $\frac{1}{4}$ cup dried figs in $\frac{1}{4}$ cup coffee for 2 hours; add $\frac{1}{2}$ teaspoon orange zest and $\frac{1}{4}$ teaspoon vanilla extract; blend). Sprinkle with cacao nibs.

Black Forest

Curry Mango

Made by straining away liquid, Greek yogurt contains two to three times as much protein as traditional types.

Balsamic Berry

Roasted Grape

Lemony Beet

Java Fig

Yogurt is full of probiotics—bacteria that can help athletes fight off infections and improve gut health.



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Food as it should be.



Ultrarunning sports podiatrist **Austin Sedicum, D.P.M.**, who has his own practice in Quakertown, Pennsylvania, brings a toolbox stocked with these supplies to all his events, whether it's a 5K, 100-miler, or Ironman triathlon.

THE RACER'S REPAIR KIT

Be prepared for anything by assembling your own traveling toolbox.

By Austin Sedicum

AS TOLD TO KIT FOX

LEFT SHELF

ROAD ID Mostly used to identify you. But if you have an allergy or some other ailment that a medical team needs to know about, it's a must-have.

HEADLAMP You ever go into a porta-potty at 5 in the morning?

IPOD Sometimes I like music right from the get-go, but other times I use it to save

me from boredom. I like Ozzy Osbourne's "Over the Mountain" for big climbs.

ALSO INCLUDED

- GPS watch
- Reflective straps
- Glasses wipes
- Penlight
- Energy bars and gels
- Insect repellent
- Sunglasses

GIN-GINS

Suck on one of these hard ginger candies if you're having a rough tummy.

RIGHT SHELF

TRISLIDE

LUBRICANT This is best at preventing chafing in your butt crack. You can turn the bottle upside down and spray it. If there

is a place on your body that is going to ruin your day, it's there.

BODYGLIDE

BALM Good for nipples, tips of toes, armpits, and around the groin.

PETROLEUM

JELLY Cheap all-around antichafing solution. This is the stuff you give to your friends.

IODINE TABLETS

Once I ran out of water on a rim-to-rim trail race in the Grand Canyon. I had to drink water from the Colorado River, so I used a few tablets to make it safe.

TOENAIL KIT

You need clippers, a file, small scissors, tweezers, Band-Aids, and alcohol wipes. Keep your nails short and smooth. Jagged nails can snag a sock during a run, which can cause you to lose toenails. The sharp scissors are the best tool to pop a blister.

ALSO INCLUDED

- Toothpicks
- Safety pins
- Cotton swabs
- Advil & Zantac

Look for a box with a range of compartments. And add bling. "It's not official until you put race stickers on it," Sedicum says.

BOTTOM

BANDANNA

There are 100 uses for the bandanna, from a splint to a washrag.

KINESIO TEX

TAPE For races longer than 10 miles, I tape my Achilles tendons. I haven't had an Achilles injury in a few years, but my legs feel more speedy and secure with

Kinesio Tape. The stretchy material provides support while still allowing movement.

VISOR

Hats are hot. Visors let heat off your head while also catching sweat and keeping sun out of your eyes.

BANDAGE

For ankle, knee, or foot injuries.

ALSO INCLUDED

- Small towel
- Fuel belt
- Arm warmers

ELECTROLYTE TABLETS

I like SaltStick brand because it's high-potency per tablet. I generally use these anytime I'm running more than three hours in the heat.



THE BODY SHOP

UNKNOT YOURSELF

A simple yoga routine loosens tight spots, strengthens weak spots, and makes you a better, less injury-prone runner.

FOR REBECCA PACHECO, yoga and running have always been intertwined—much like her legs in the photograph below. “I started running when I was 14 and doing yoga when I was 16, so I really don’t know one without the other,” says the yoga instructor and two-time marathoner. Recognizing the benefits the ancient practice can have on both the runner’s body (improved flexibility, range of motion, muscular strength) and mind (more focus, less stress), Pacheco developed Om Athlete, a class she teaches in Boston to help runners improve performance and prevent injury. “Yoga is the perfect recovery activity for runners,” Pacheco says. “It relieves soreness and

tension in your hardworking muscles and restores range of motion so you can run better the next time you hit the road.” The poses on page 58 are a preview of Pacheco’s full routine on her new DVD, *Runner’s World Yoga for Runners*. Pacheco recommends doing these moves following a run and/or on a rest day. She cautions that they might feel a little uncomfortable at first, especially if you are brand-new to yoga and have been running with tight muscles for a long time. Ease into each position, and never push to the point of pain. As you continue to do this routine, you’ll notice improvement—on and off the mat. —KATIE NEITZ

Pacheco recommends Reclining Cow Face pose to stretch tight glutes and hamstrings.

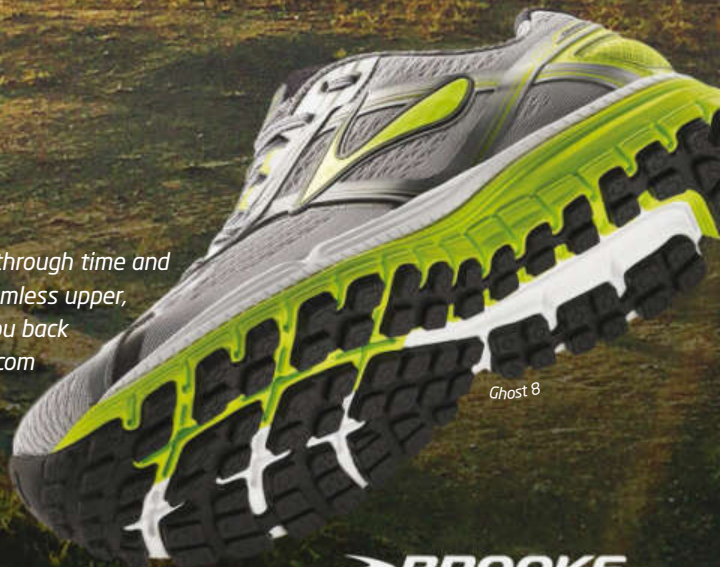


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BROOKS



DOWNWARD DOG

Stretches hamstrings, calves, and foot arches; strengthens shoulders
TO DO Begin on your hands and knees. Align your wrists under your shoulders and your knees under your hips. Spread your fingers and press into your palms. Tuck your toes and lift your knees off the floor. Gently try to straighten your legs and raise your hips into an inverted V. Breathe deeply for 10 breaths. As your muscles loosen, try to straighten your legs more and sink your heels toward your mat.



LOW LUNGE

Stretches hip flexors; strengthens hamstrings and quads
TO DO From Downward Dog, step your right foot forward between your hands. Lower your left knee and, keeping the right knee in place, slide the left one back. Turn the top of your left foot to the floor and lift your torso upright. Then sweep your arms out to the sides and up overhead. Drop your tailbone toward the floor and look up. Hold for 10 breaths, release, and repeat on the other side.



TOES POSE

Helps prevent plantar fasciitis by stretching the shins and arches of the feet
TO DO Kneel on your mat with your toes curled under. Sit back on your heels (you can place a yoga block or pillow between your heels and glutes). Breathe deeply for 10 counts. Then, point your toes, place your hands on the mat behind you, and lean back as you attempt to lift your knees off the mat. If your knees don't come far up, don't worry. You'll still feel a nice stretch in your shins and arches.



RECLINING HAND TO BIG TOE

Stretches hamstrings
TO DO Lie on your back with both legs extended. Bend your right knee, loop a yoga strap (or dog leash or towel) around the arch of the right foot, and hold both ends of the strap with your right hand. Try to straighten your right knee. As your hamstring loosens, try to gently pull it farther back. But don't strain—you should feel a good stretch down the back of the thigh. Hold for 10 breaths and repeat on the other leg.



RECLINING PIGEON

Releases tension and tightness in the hips
TO DO Lie on your back with your knees bent and your thighs parallel and hip-distance apart. Cross your left ankle over your right thigh. Reach your left arm through the space between your thighs and reach your right arm around the outside of your right thigh. Clasp your hands below your right knee and flex your left foot. If your head comes off your mat, place a pillow or block behind your head. Hold for 10 breaths and repeat on the other leg.



RECLINING COW FACE

Improves range of motion in the hips; loosens tight glutes and hamstrings
TO DO Lie on your back and cross your knees, sending your feet out to your sides. Hold onto your right foot with your left hand and your left foot with your right hand. Or if it's more comfortable, hold your shins. Pull your heels in toward your body, then out to the sides and slightly up. Hold for 10 breaths, then reverse leg position and repeat.



RECLINING SPINAL TWIST

Relaxes the lower back and stretches the glutes
TO DO From Reclining Cow Face, lower your legs and twist to your left while keeping your legs intertwined. Extend both arms out to your sides. Turn your head to the right and relax for 10 breaths. Switch sides.



LEGS UP THE WALL

Relieves tension in legs, feet, and back; stretches hamstrings and glutes
TO DO Sidle up beside an open wall space, with your hips as close to the base of the wall as is comfortable. Swing your legs up the wall and lie back. Rest here anywhere from 10 breaths to 10 minutes. Some people even nod off—sleep is the most essential recovery pose. 



This has been adapted from the *Runner's World Yoga for Runners* DVD, which includes a 50-minute active-recovery routine plus three 30-minute bonus routines specifically designed for runners. For more information, visit runnersworldyogadvd.com.



thank you first of many

photo by @bubrit85

thank you running

The moment when you slip on that first race medal is hard to beat. And with Glycerin 13's Super DNA midsole, you'll get perfect, dynamic cushioning that instantly adapts to your every step. That's a wonderful thing, because now that you've achieved this milestone you'll want to get right out and start training for that next big race. Learn more at brooksrunning.com



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BROOKS



TRAIL READY

Got shoes (see page 95)?
Here are other
off-road essentials.

By Lisa Jhung

1 / BROOKS LSD JACKET

This windproof, water-resistant shell keeps you protected from biting wind, light rain, or snow and acts as a warm layer on a cold day, just like a less-expensive polyester windbreaker. But the LSD's light weight (3.1 ounces) and cool, casual-wear styling make it worth the extra bucks. Bonus: It packs into its own pocket; hold it in your hand or on your arm with the elastic band. **\$98**

2 / MOUNTAIN HARDWEAR WOMEN'S PACING SHORTS

Low on frills—there's just one internal key pocket—but high on function, these stretchy, lightweight shorts have a drawcord to keep them put and a soft interior brief. The women's shorts come in two length options (3" and 5"); the men's Refueler comes in three (5", 7", and 9"). Choose longer for overgrown trails or better sun protection. **\$35**

3 / ULTIMATE DIRECTION FASTDRAW 10

For most runs under an hour, 10 ounces of fluids is plenty. Save yourself the weight of carrying a pack by holding this handheld bottle with its soft, quick-drying, adjustable strap. Stash keys and a gel in the zippered pocket. **\$18**

4 / WIGWAM DISTANCE 2-PACK SOCKS

These cushy socks rise over the anklebone, keeping dirt, pebbles, and other debris from sneaking in and irritating your feet. Bonus: They're embedded with an anti-odor treatment. **\$14**

5 / RUSSELL MEN'S PERFORMANCE ECO V-NECK TEE

Inexpensive and effective, this tech T-shirt wicks sweat and dries quickly. Its smooth finish feels cool on the skin, and the fabric remains light throughout a sweaty run. Made with at least 40 percent recycled polyester. (Women's equivalent is from Avia at walmart.com.) **\$9.50**

6 / HEADSWEATS TRUCKER HAT

This lid is made out of super-wicking, quick-drying performance materials to keep the sweat off your face and out of your eyes. Plus, the bill shields your face from the rain, snow, or sun. **\$24**



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Danica Patrick chooses Six Star® Fit 100% Protein Isolate because it's filtered to reduce carbs and fat, so she gets only the leanest protein to help her build lean, toned muscle with a convenient on-the-go option for quick post-workout recovery.

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DANICA PATRICK
PROFESSIONAL
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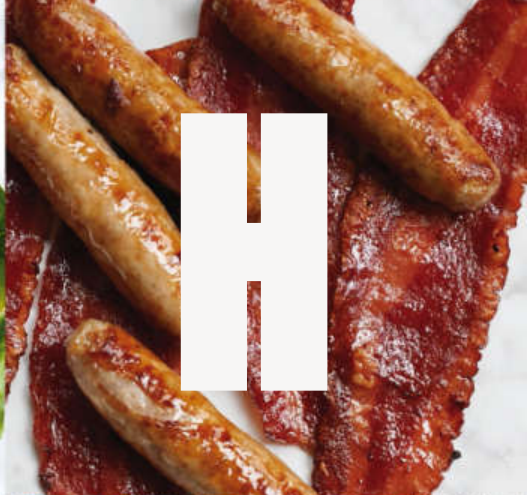
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Nutrition Special

Not sure what to eat on **RACE MORNING**? In need of some tasty **MIDRUN ENERGY**? Want to ensure you properly kick-start **RECOVERY**? Do it all with the latest *Runner's World* **COOKBOOK**—a collection of more than 150 recipes ready in **30 MINUTES OR LESS**.

by **JOANNA S. GOLUB**

Photographs by
**MITCH MANDEL &
MATT RAINEY**

Before You RUN



If you've ever woken up early for a race or long run (and every runner does, eventually), you know how difficult it can be to eat well in the predawn hours. Maybe you simply aren't hungry when you first get up. Or race nerves leave you feeling queasy. If you're staying at a hotel (without your go-to foods readily available), you risk eating something that upsets your stomach. Happily, these quick breakfast ideas will fuel you up for a tough training run or race without weighing you down—and if you pack a few ingredients, you can even make some of these meals in a hotel room, too.

Cooked apples get topped with sugar and cinnamon, plus granola for extra carbs. If you like, add a dollop of yogurt to the finished dish for a protein boost.

ALSO TRY

Good Morning Sweet Potato

Topped with maple syrup and walnuts, sweet potatoes provide a delicious energy boost.

Gingered Winter Greens Smoothie

Ginger may calm a queasy stomach, while coconut water provides much-needed electrolytes.



▲ Find recipes for these dishes (and all others in this story) at runnersworld.com/mealsontherun.

"BAKED" GRANOLA APPLES

MAKES 4 servings
TOTAL TIME 10 minutes

- 2** large crisp apples, such as Gala, halved and cored
- 2** tablespoons chopped dried tart cherries
- 1** tablespoon packed light brown sugar
- ¼** teaspoon ground cinnamon
- ⅛** teaspoon ground nutmeg
- 4** teaspoons butter
- ½** cup granola

In a microwavable dish, arrange the apple halves, cut side up.

Top each half with cherries and sugar. Sprinkle with cinnamon and nutmeg. Dot with the butter.

Cover the apples with a microwavable lid. Microwave on high for 4 minutes or until tender.

Transfer apples to serving bowls. Sprinkle with granola. Drizzle any juices in the cooking dish on top.

NUTRITION PER SERVING
181 calories, 29 g carbs,
5 g fiber, 2 g protein, 7 g fat

CARB PARTY

Fuel up the night before your long run or big race with one of these energy-packed meals.



Kara Goucher's Kitchen Sink Pizza

Whole-wheat naan flatbreads provide an easy, carb-rich base for a mix of grilled vegetables and chicken.

Spaghetti with Sun-Dried Tomato Sauce

Sun-dried tomatoes lend this sauce rich, intense flavor without having to cook for hours on the stove.

Pizza Margherita with Make-Ahead Tomato Sauce

Fresh mozzarella is naturally lower in fat than many hard cheeses, making it a good choice the night before a big run.

Spaghetti Carbonara

This classic Italian dish uses kitchen staples like eggs, onions, and a bit of bacon for flavor.

Soba Noodles with Peanut-Sesame Sauce

The no-cook sauce for this Asian-inspired dish takes just minutes to make, while soba noodles provide a break from traditional pasta.



Pasta with Peas and Prosciutto

Created by *Runner's World* contributing chef Nate Appleman, this simple dish is easy on the stomach. A little bit of prosciutto provides electrolytes.



Sautéed onions add a note of sweetness to this classic Italian dish, while peas provide a pop of color and nutrients.

SPAGHETTI CARBONARA

MAKES 6 servings
TOTAL TIME 30 minutes

- 6 slices bacon, chopped
- 1 box (1 pound) spaghetti
- ½ sweet onion, chopped
- 3 large eggs
- ¼ teaspoon salt
- ½ teaspoon ground black pepper, plus more to taste
- 1 cup frozen peas
- ¾ cup grated Parmesan cheese
- 2 tablespoons chopped fresh flat-leaf parsley

Bring a large pot of water to a boil over high heat.

While waiting for the water to boil, heat a large skillet over medium-high heat. Add the bacon and cook, stirring occasionally, for 5 minutes or until

crisp. Remove to a plate lined with a paper towel. Set aside.

Meanwhile, when the water boils, salt it and add the spaghetti. Cook according to the package directions.

Return the skillet to the stove over medium heat (if there is more than 1 tablespoon bacon fat in the skillet, drain it). Add the onion and cook, stirring occasionally, for 4 minutes or until the onion is softened. Set aside.

In a bowl, beat the eggs with a fork. Season with the salt and pepper.

Two minutes before the spaghetti is done, add the peas. Reserving ½ cup of the cooking water, drain the spaghetti and peas in a colander and return to the still-hot pot. Immediately add the eggs, reserved cooking water, and onions. Toss well to coat the spaghetti (the residual heat will cook the eggs). Sprinkle with the Parmesan, bacon, and parsley, and toss well again.

NUTRITION PER SERVING

443 calories, 61 g carbs, 4 g fiber, 21 g protein, 12 g fat

On the GO



Anytime you run longer than an hour, you should pack some fuel to power you through your workout. Energy gels and chews are a convenient choice, but sometimes you want something more substantial—and satisfying. These energy bars and balls are quick to make, really delicious, and offer a good amount of energizing carbs.

Honey provides simple sugars (fructose and glucose), which are quickly absorbed and offer immediate energy.

HONEY ENERGY BARS

MAKES 9 bars

TOTAL TIME 30 minutes

- 2 large eggs**
- 3 tablespoons honey**
- 2 tablespoons canola oil**
- 2 teaspoons grated orange zest**
- 2 cups granola**
- $\frac{2}{3}$ cup roughly chopped walnuts**

Preheat the oven to 375°F. Coat an 8-inch-square baking pan with cooking spray.

In a bowl, lightly whisk the eggs. Whisk in the honey, oil, and zest. Stir in the granola and walnuts. Mix until thoroughly combined.

Spread the mixture in the baking pan and bake for 15 minutes, or until golden brown and set. Cool for 10 minutes before cutting into 9 squares. Store tightly covered in the refrigerator.

NUTRITION PER BAR

193 calories, 23 g carbs, 2 g fiber, 5 g protein, 10 g fat

▼ These sweet, crunchy, slightly chewy bars are the perfect midrun pick-me-up. Pack one or two in a plastic bag to take along with you on your next long run.



CHOCOLATE CHIP TRAIL MIX BALLS

MAKES 24 balls

TOTAL TIME 15 minutes, plus optional chilling time

- ½ cup almond butter**
- ⅓ cup agave syrup or honey**
- 1 ½ cups old-fashioned rolled oats**
- ¼ cup pumpkin seeds**
- ¼ cup dark chocolate mini chips**
- ¼ cup chopped dried tart cherries**
- ¼ cup sliced almonds**
- ½ cup toasted wheat germ**

In a bowl, with an electric mixer on low speed, mix together the almond butter and agave syrup for 2 minutes or until smooth and well combined.

With the mixer on low, gradually add the oats until well combined, followed by the pumpkin seeds. Add the chocolate chips, cherries, and almonds. Mix for 1 minute or until just combined.

Line a baking sheet with waxed paper. For each ball, use a tablespoon to take a heaping scoop of the mixture and, with your hands, gently roll into a ball. Roll the ball in the wheat germ and set on the baking sheet lined with waxed paper.

You can eat the trail mix balls immediately, or transfer them (still on the baking sheet) to the refrigerator for 2 hours or until set. Transfer the chilled balls to a plastic bag and store in the fridge for up to 2 weeks.

NUTRITION PER SERVING

(2 trail mix balls) 210 calories, 24 g carbs, 5 g fiber, 7 g protein, 11 g fat

▼
Salty and sweet, these tasty little snacks pack the essential components of trail mix—nuts, dried fruit—and, yes, chocolate—into an easily portable package. Not only are they a delicious midrun snack, but they also make for a quick breakfast on the go.



HUNGRY FOR MORE?

For all the recipes featured in this story, go to runnersworld.com/mealsontherun. And for more than 100 other recipes ready in 30 minutes or less, pick up *Runner's World: Meals on the Run* (Rodale), available at mealsontheruncookbook.com/rw and on store shelves October 6.

ALL-DAY

recovery meals

BREAKFAST

Rich in protein and antioxidants, eggs are a quick and convenient meal when you're in a hurry.

SIMPLE OR STUFFED OMELETS

MAKES 2 servings

TOTAL TIME 10 minutes

- 1** tablespoon butter
- 4** large eggs
- Pinch of salt
- Pinch of white pepper

Heat an 8-inch skillet over medium heat. Add half the butter and swirl until melted and foamy.

In a bowl, whisk the eggs until fully blended. Whisk in the salt and pepper.

Pour half the egg mixture into the skillet (it should be very hot). When the underside is set (after 30 seconds), continuously lift the edges of the omelet slightly with a spatula and tilt the pan to let the uncooked egg flow underneath. Work your way around the pan for about 1 minute more.

As soon as the mixture appears set but is still soft and slightly wet, add any fillings (see opposite page), fold the omelet in half, and slide it out onto a plate. For an omelet that's a little less wet and more set, cover the skillet but keep over the heat for another 30 seconds. Add any fillings, fold the omelet in half, and slide it onto a plate.

Wipe the skillet clean with a paper towel and repeat with the remaining butter and egg mixture.

NUTRITION PER SERVING

194 calories, 1 g carbs, 0 g fiber, 13 g protein, 15 g fat



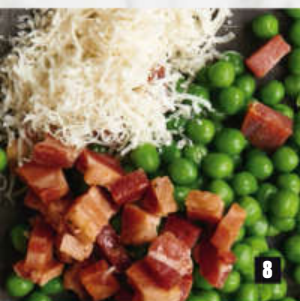
After a tough morning run or race, it's key to refuel with a combination of carbohydrates, which will replenish muscle glycogen, and protein to repair and rebuild muscle tissue. But that recovery doesn't happen after just one meal. You need to continue to eat recovery-friendly foods throughout the day. Here's how to fuel up after a morning run to ensure that your muscles are ready to go the next day.



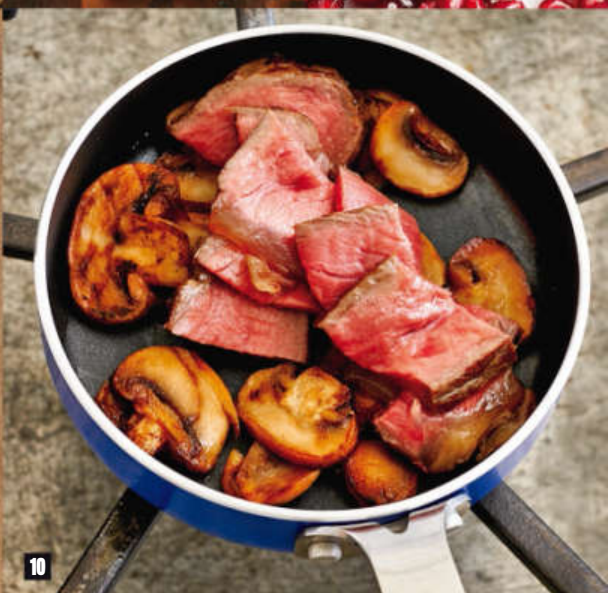
MEATY START
1 cooked breakfast sausage link, sliced;
1 slice cooked turkey bacon, crumbled



CRAB CAKES
1/4 cup shredded cooked crab;
1/2 teaspoon grated lemon zest;
1 scallion, chopped



BLUE MORNING
2 tablespoons blue cheese,
2 tablespoons caramelized onions



SUPER STUFFED OMELETS

Add these nutrient- and flavor-packed ingredients before folding in half.

1 GRILL FEST

1/4 cup leftover mixed grilled vegetables (eggplant, zucchini, yellow squash, bell pepper, onion)

2 CURRY LOVE

1/4 cup sautéed cubed tofu, 1/4 teaspoon curry powder

3 PASTA PERFECT

1/4 cup leftover cooked elbow pasta, 1/2 tablespoon sundried tomato spread

4 GREEK

Small handful baby spinach, 1 tablespoon crumbled feta, 1 tablespoon diced tomato, 1 tablespoon chopped olives

5 SPANISH

1/4 cup sautéed diced potato, 2 tablespoons sautéed chopped yellow onion

6 LEAN MACHINE

1/4 cup diced cooked chicken or turkey, small handful fresh baby spinach

7 PROTEIN BOOST

2 tablespoons Greek yogurt, 1 tablespoon pomegranate seeds, 1 teaspoon honey

8 CARBONARA

2 tablespoons cooked diced pancetta, 2 tablespoons green peas, sprinkle of Parmesan

9 APPLE PIE

1/4 cup diced apple sautéed in 1 teaspoon butter, 1 tablespoon shredded cheddar

10 STEAK AND EGGS

1/4 cup leftover chopped cooked steak; 2 tablespoons sautéed sliced mushrooms

LUNCH



Made with rotisserie chicken, this quick, protein-packed sandwich is ideal for a make-ahead lunch.

QUICK TIP

If you prefer less spice, use mild kimchi (fermented cabbage). It's packed with flavor and good-for-you probiotic bacteria. Look for it in the produce section of most grocery stores.

VIETNAMESE-STYLE PULLED-CHICKEN SANDWICHES

MAKES 4 servings

TOTAL TIME 20 minutes

- 2 tablespoons** toasted sesame oil
- 1 tablespoon** fish sauce
- ½ teaspoon** soy sauce
- 4 soft hoagie, Portuguese, or Cuban rolls (5 inches long), split**
- ¼ red onion, cut into ¼-inch-thick rings**
- ¼ cup** fresh cilantro leaves
- 1 ½ cups** shredded rotisserie chicken breast
- 1 cup** kimchi, drained
- 4 Bibb lettuce leaves**
- 2 tablespoons** mayonnaise

Heat a large skillet over medium heat.

In a small bowl, mix together the oil, fish sauce, and soy sauce; brush onto cut sides of rolls.

Place the rolls, cut side down, in the skillet. Toast for 3 minutes or until golden and crispy.

Arrange the onion, cilantro, chicken, kimchi, and lettuce on the bottom half of the rolls. Spread the top half with the mayonnaise.

Close up the sandwiches and serve.

NUTRITION PER SERVING

361 calories, 38 g carbs, 3 g fiber, 23 g protein, 11 g fat

▲ Inspired by the Vietnamese sandwich called banh mi, this pared-down version offers many of the same flavors but without the laundry list of ingredients found in many recipes.

DINNER

▼ Grilled pineapple makes for a juicy topping that's abundant in vitamin C and manganese.

LETTUCE-WRAPPED ASIAN SALMON BURGERS

MAKES 4 servings
TOTAL TIME 30 minutes

- 1 pound skinless salmon
- 2 tablespoons soy sauce
- 1 tablespoon Sriracha
- 2 cloves garlic, chopped
- 2 teaspoons finely chopped fresh ginger
- ¼ teaspoon ground black pepper
- ¼ cup toasted wheat germ
- 3 scallions, chopped
- ⅓ cup chopped fresh cilantro
- 1 tablespoon canola oil
- 4 pineapple rings
- 4 large lettuce leaves
- 2 tablespoons hoisin sauce

Preheat a grill on medium heat.

In a food processor, combine ½ pound of

the salmon, soy sauce, Sriracha, garlic, ginger, and pepper. Process until pureed.

Chop the remaining ½ pound salmon by hand. Pulse into the pureed mixture, along with the wheat germ, scallions, and cilantro. Shape into 4 patties.

Brush the grill with ½ tablespoon oil. Transfer the patties to the grill and cook for 3 to 4 minutes per side or until they reach an internal temperature of 140°F.

Brush the pineapple rings with the remaining ½ tablespoon oil. Grill for 2 minutes per side.

Place each burger on a lettuce leaf and top with hoisin sauce and a pineapple ring. Wrap the lettuce around the burger and serve.

NUTRITION PER SERVING

412 calories, 31 g carbs, 2 g fiber, 29 g protein, 20 g fat

Salmon is a rich source of both protein and inflammation-reducing omega-3 fatty acids.

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PARIS



THE ATHLETES, CEO'S,
INVENTORS, AND
OTHERS WHO INSPIRE
US AND ENABLE OUR
MODERN RUNNING LIVES

THE 50 MOST INFLUENTIAL PEOPLE IN RUNNING

BY NICK WELDON
& THE EDITORS OF *RUNNER'S WORLD*
3D TYPOGRAPHY BY COMRADE



HE FIRST QUESTION we asked ourselves while embarking on this ambitious endeavor was, What do we even mean by

“influential?” After lots of research, scrutiny, and debate, here’s where we landed: *Influence is the ability to set trends, inspire participation, and drive engagement in the sport and culture of running.*

Definition in hand, we turned to a long list of experts representing a diverse cross-section of the running world: athletes, race directors, journalists, running-store owners, grassroots organizers, shoe-company execs, sport-governance officials—even a “run concierge.” We asked each to nominate five people, giving close consideration to those from their corners of the culture who are having an impact *today*, in 2015. More than 60 smart, plugged-in leaders weighed in (with many of *them* being nominated by peers in the process).

In the end, 168 worthy nominees were put forth, and a team of *Runner’s World* editors whittled them down to (about) 50, leaning strongly on the names that experts singled out again and again.

We organized the finalists into six categories: Champions, the elite athletes who inspire us most; Maestros, who stage events that amaze and unite us; Gurus, the coaches, journalists, and experts who make us better and smarter; Innovators, the business leaders and ideas people who make the industry hum; Advocates, who advance important causes and give voice to the average runner; and Visionaries, the brilliant minds who seek answers to the most important questions in running.

Now, let the debate begin...

CHAMPIONS



**USAIN
BOLT**

29, Kingston, Jamaica

Winner of six Olympic golds; owns 100- and 200-meter world records



▶ The “world’s fastest man” is not just the most recognizable runner on the planet, but one of the most iconic athletes in any sport. Bolt has pushed the limits of human speed while transcending the doping skepticism that plagues his sport. What has made Bolt such a crossover sensation—he’s the only runner on the 2015 Forbes 100 highest paid athletes list, reeling in **\$21 million** last year—is his larger-than-life personality signified by his trademark “To Di World” pose. Well, that plus his genius marketing awareness: lucrative



**MO
FARAH**

32, London

2012 Olympic 5K and 10K gold medalist; winner of three worlds golds and one silver



▶ He’s already an all-time great on the track and has plenty of competition left in him. Farah, who has recently been dragged into the doping scandal encircling his Nike Oregon Project coach, Alberto Salazar, has brought charisma to a sport that is often lacking in it—he’s gone after the 100-meter sack race world record, and has a signature move, the “**Mobot**,” that is somehow both derivative of Usain Bolt’s more famous pose and still utterly endearing. Put simply: The running world loves Mo Farah, and he loves it back. He’s inherited the



**SHALANE
FLANAGAN**

34, Portland, Oregon

Olympic bronze medalist; U.S. 10K record holder; second-fastest American woman marathoner



▶ Flanagan has won the hearts of running fans not for her race accomplishments—which are numerous—but for her unbridled, never-say-die spirit. Her gutsy effort in her hometown Boston Marathon the year after the bombings, when she led for 19 miles and set a PR but ultimately finished seventh, was a fitting counterpart to Meb Keflezighi’s stunning win in the men’s race. She’s drawn from that **inner fire** to be very vocal about doping in the sport, too. Pair that zeal with the backing of superbrand Nike and



**LAUREN
FLESHMAN**

33, Bend, Oregon

Two-time U.S. 5K champion; cofounder of Picky Bars; writer



▶ Few elite runners have managed the awkward late stages of their pro career more effectively than Fleshman, who has a sponsorship with upstart women’s apparel brand Oiselle, her own energy bar company, a strong social media presence (it won her a **2015 Shorty Award**—think “Oscars for social media”), and no problem poking the bears of the running world, particularly USA Track & Field. Fleshman, who also has written a *Runner’s World* column, is everywhere, even when not running. “She has reached a visibility

THE RUNNING WORLD LOVES FARAH, AND FARAH LOVES IT BACK.

deals with Puma, Soul Electronics, and others ensure that even when he slows down on the track, the Bolt brand will live on.

space once filled by Haile Gebrselassie, and like that Ethiopian legend who set the marathon world record after a stellar track career, Farah’s foray into road racing has fans worldwide holding their breath.

a strong social media presence, and it’s not too much of a stretch to say that, even after fading to ninth in Boston this year, Flanagan is the face of elite distance running in America right now.

that extends far beyond her achievements as a runner,” says writer David Epstein. “Her style,” adds journalist Dick Patrick, “is personal and revealing, drawing fans, especially women, to the sport.”

SYMBOL KEY



FINANCIAL CLOUT



SOCIAL MEDIA SAVVY



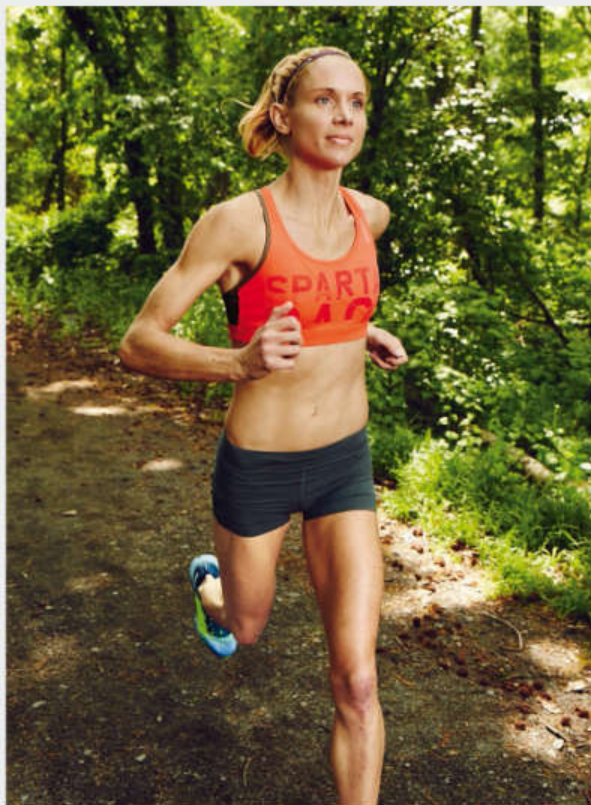
ELITE ATHLETE



STRATEGIC AUTHORITY



EXPERT



▲ Amelia Boone

32, CHICAGO
OBSTACLE COURSE RACING SUPERSTAR



“You cannot have a conversation about OCR [obstacle course racing] that doesn’t start and end with Amelia,” says Matt Davis, cofounder of Obstacle Racing Media. OCR is the acronym that Tough Mudders/Spartan Racers/Warrior Dashers and the like use to describe the still-evolving space of endurance sport that they occupy.

Boone, a corporate lawyer, has emerged as a bona fide OCR superstar, winning the 2013 Spartan Race World Championship as well as the 2012 and 2014 World’s Toughest Mudder titles. She has succeeded at everything from sprint-style obstacle races to 24-hour slogs, exploits that have earned her a deal with Spartan Race title sponsor Reebok. All this from a person who discovered OCR by accident, and isn’t fully comfortable describing herself as a professional athlete—but does self-identify on Twitter as a “ketchup &

Pop-Tarts enthusiast.”

Having conquered the OCR world, Boone is now turning her superstar **smarts and competitive drive** to ultrarunning. With exactly two traditional running events under her belt, a half-marathon and a trail race, Boone signed up for the Georgia Death Race, a 68-mile gauntlet with 40,000 feet of elevation change. She ended up placing 31st out of 170 entrants, and third among women. This April she won a 30K trail run in California and now has her sights set on the Barkley Fall Classic 50K in Tennessee. Through the summer she starred in another season of obstacle racing and figures to be in the mix at Spartan worlds in October and the World’s Toughest Mudder in November. Are OCR and ultrarunning a fit? One thing seems clear: If anyone can bridge the gap between running disciplines, it’s Boone.

MOST
INFLUENTIAL
PEOPLE



KARA
GOUCHER

37, Boulder, Colorado
Two-time Olympian; 10K world championships bronze medalist; fastest American woman half-marathoner



► “Who doesn’t love Kara?” asks Tracey Russell, CEO of the Los Angeles Marathon. Goucher isn’t just one of the most recognizable runners in America; she may be the best at cultivating a fan base. In 2013, she struck out on her own—leaving sponsor Nike (she’d later sign with Skechers and Oiselle) as well as her coach, Jerry Schumacher, and training partner, Shalane Flanagan, to return to her college coaches in Boulder. The move has **liberated** Goucher, and not only to do fun stuff like hosting a wine-and-running retreat with fans in Napa last year, and blogging and tweeting about her training, motherhood, and cooking. In June, she boldly went on the record as part of an investigative story where she accused her former coach Alberto Salazar of impropriety. Goucher feels free, and that makes her as important to the sport as she’s ever been.



ELLIE
GREENWOOD

36, Vancouver

ROB

KRAR

38, Flagstaff, Arizona
UltraRunning magazine’s Ultra Runners of the Year



► Though ultrarunning will likely never fully come into the mainstream, Greenwood and Krar are the kind of athletes that runners universally admire: dominant, **courageous**, and yet disarmingly modest. Greenwood, a Scotland native, inspired fans with her grit by overcoming a stress fracture in 2013 to cruise to victories in both South Africa’s iconic Comrades ultra and the 100K World Championships last year. Her course records include the grueling Western States 100-miler in California. Krar has combated his own challenge en route to winning Western States and the Leadville Trail 100-miler in Colorado last year: depression. He’s produced a short film where he’s opened up. “He’s gone public with it,” says ultrarunning legend Dean Karnazes, “and in the process has inspired and given hope to legions of others dealing with mental health issues.”



SCOTT
JUREK

41, Boulder, Colorado
Ultramarathoner; author



► Jurek had already solidified his résumé as one of the greatest ultrarunners ever by the time his appearance in Christopher McDougall’s best seller *Born to Run* made him practically a household name in 2009. He’s won just about every ultra that matters and reigned at the epic Western States 100-mile Endurance Run for an astonishing seven straight years. This summer, Jurek made headlines by setting the Appalachian Trail thru-hike speed record, traversing the iconic route in 46 days, eight hours, and seven minutes. Jurek makes this list, however, not only for his athletic feats but for becoming a **vegan icon** since the 2012 release of his own *New York Times* best-selling memoir *Eat & Run*. In telling his personal nutrition journey and sharing some of his own plant-based recipes, he almost single-handedly made veganism viable for serious athletes. Through social media, appearances at races, and continued feats of extreme athleticism, he has carved out an enduring space for himself in the running world.



▲ **Sanya Richards-Ross**

30, AUSTIN, TEXAS
WINNER OF FOUR OLYMPIC AND FIVE WORLD OUTDOOR GOLD MEDALS,
FASTEST 400-METER RUNNER IN U.S. HISTORY



“Sanya is well-versed, ambitious, hardworking, and the most genuine athlete I’ve ever interacted with,” says a man quite familiar with those traits, U.S. middle- and long-distance great Bernard Lagat.

Like her professed hero, track legend and outspoken civil rights activist Wilma Rudolph, Richards-Ross has leveraged her visibility to effect major change. Since the 2012 London Olympics, she has been in the vanguard protesting the International Olympic Committee’s Rule 40, which restricts sponsor promotion (and

therefore earning) opportunities for athletes during and around the Games—and in February, the IOC announced a change that will allow athletes to promote their individual sponsors, just in time for Rio 2016.

Unlike many athlete dissidents in track and field, where career vitality relies on often-fickle sponsorships, Richards-Ross has **boldly spoken out** while still in her competitive prime. In May, 11 years into her pro career, she led the women’s distance medley relay team to a world record and also won gold in the 4 x 400

meter relay team at the IAAF/BTC World Relays in the Bahamas.

A Nike athlete, Richards-Ross also has her own reality show on WE TV, a youth empowerment sports clinic, a mobile app, and a large following on social media. She’s been an active role model for young athletes and girls, and has also been open about her battles with a rare autoimmune disease.

Says another respected track vet, Olympian and Louisiana State University coach Khadevis Robinson: “She is truly an all-around ambassador for the sport.”

● CHAMPIONS *Cont’d*



**MEB
KEFLEZIGHI**

40, San Diego

Olympic silver medalist; winner of the 2009 New York City and 2014 Boston marathons



**JOAN BENOIT
SAMUELSON**

58, Freeport, Maine

1984 Olympic Marathon gold medalist; founder of the Beach to Beacon 10K; Nike consultant



► If the nominating process for this list had been a competition, Keflezighi would have won it going away. Though our 60 experts came from every corner of the sport, at least one in four of them named Keflezighi. Yes, he’s wowed us with gutsy performances on the grandest stages, but Keflezighi’s universal appeal only begins with his racing. Sports industry analyst Matt Powell notes that as a brand ambassador, his “win at Boston singlehandedly gave Skechers athletic performance credibility,” and L.A. Marathon CEO Tracey Russell observed that “at the 2015 Boston Marathon Expo, it seemed as though every other booth had a life-size cutout of Meb.” Few have more directly observed his impact than Boston Marathon race director Dave McGillivray, who perhaps best sums up Keflezighi’s impact: “His character, demeanor, and **integrity** are second to none. He has inspired legions of people to take up the sport.”

► That Samuelson’s competitive ability has outlasted that of her contemporaries such as Bill Rodgers and Frank Shorter might explain why they both were so eager to nominate her to this list. “She’s living proof of a paradigm shift in older women runners,” says Shorter. She ran a 2:54:03 at this year’s Boston Marathon, which would’ve beaten the world record for 57-year-olds by 26 seconds except that the downhill point-to-point course disqualifies it. No matter: She already owns the age 53 mark and once upon a time set two overall world records of 2:31:23 and 2:26:12. With Samuelson, it’s always been as much about her **grace as a competitor** as just how incredibly and consistently fast she’s been. This fall she plans to run her 12th straight Nike Women’s Half Marathon in San Francisco, a race—like so many elements of today’s sport—that exists because of her inspiration.

PHOTOGRAPHS BY JOHN ANGELLULO/PI/LANDOV (KEFLEZIGHI); SHAWN PATRICK OUELLETT/GETTY IMAGES (SAMUELSON); HAIR & MAKEUP BY ERIN KLARER (RICHARDS-ROSS)

THE TOP 10

We polled a small group of editors and writers to examine our final list and asked each person to rank, 1 to 10, the influencers who belong at the very top. (Ranking somebody number one was worth 10 points, number two worth 9, and so on, with a ranking of 10 worth a single point.) We tallied these rankings to come up with the following shortlist of the ultimate movers and shakers.

1.
MEB KEFLEZIGHI
(72 points)

2.
MARK PARKER
(65 points)

3.
MARY WITTENBERG
(58 points)

4.
JEFF GALLOWAY
(57 points)

5.
ALBERTO SALAZAR
(44 points)

6.
SEB COE
(38 points)

6.
DAVE MCGILLIVRAY
(38 points)

8.
SHALANE FLANAGAN
(30 points)

8.
VIN LANANNA
(30 points)

10.
KARA GOUCHER
(21 points)

MAESTROS

MOST INFLUENTIAL PEOPLE



**ADRIAN
BIJANADA**

36, New York City
Creator of the Obstacle Course Racing World Championships



► Part of the challenge for "OCR" outsiders is grasping what falls under its umbrella: There's Tough Mudder, Warrior Dash, Spartan Race, and many other series. What makes Bijanada "a visionary," according to Matt Davis, cofounder of Obstacle Racing Media, is that he aspires to bring all of these together with one singular title event. For the inaugural OCR worlds held in Cincinnati last October, Bijanada created standards and identified qualifying events from all over the world, developed a \$60,000 prize purse, and attracted 700 athletes



**MICHAEL
CAPIRASO**

53, New York City
NYRR President/CEO

**PETER
CIACCIA**

62, New York City
NYRR President, Events/
NYC Marathon Director



► A footnote to Mary Wittenberg's entry (page 78) is that it will take two people to replace her—these guys. By virtue of inheriting her New York Road Runners empire, Capiaso and Ciaccia are influential. Neither, however, are newbies: Capiaso has been with NYRR since 2010 and was the "day-to-day" boss as chief operating officer (not to mention that he has run the last 23 NYC Marathons), and Ciaccia, a 14-year NYRR



**SEB
COE**

58, London
Orchestrator of the 2012 London Olympics; two-time 1500-meter Olympic gold medalist; IAAF presidential candidate



► If he's not already the most powerful man in global track and field, he might be soon. This August, he was the favorite in a showdown with Ukrainian pole-vault great Sergey Bubka for the presidency of the IAAF, world road racing and track-and-field's governing body. The businessman, ex-member of parliament, and sports legend is still riding high after not only winning the Olympic bid for London but also for putting on a great show. Should he win the IAAF election,



**RICH
KENAH**

45, Atlanta
Executive director, Atlanta Track Club



► The former 800-meter Olympian has been on the job only since February 2014, but he's made waves in a hurry. The Atlanta Track Club is best known for hosting the Peachtree Road Race—which drew **60,000 runners** this year, making it the largest 10K race in the world. Kenah uses it as his playground for big ideas. "He's going to make a positive impact on other races and organizations because he isn't afraid to try new things," says Merhawi Keflezighi, who would know: Last year Merhawi worked with Kenah on a quirk that set his brother, Meb, at the back of the



**JEAN
KNAACK**

43, Arlington, Virginia
Executive director, Road Runners Club of America



► Knaack, says former New York Road Runners CEO Allan Steinfeld, "has the ear of more running clubs and race directors than perhaps anyone." For the last decade, she's been behind the curtain guiding more than 2,400 event directors and club leaders on **best practices**, big and small, that have tangible impacts on the experiences of runners across the country. She helped roadblock notorious race canceler Dean Reinke and others like him from bliking runners in the future, helped revitalize the RRCA's youth running program to the tune of

THE RUNNING WORLD ASKS: WHAT WILL THE MAD RACE DIRECTOR THINK OF NEXT?

from 12 countries, including OCR superstars like Spartan Race's Jon Albon and World's Toughest Mudder's Junyong Pak. This year he's tinkering with a global rankings system in advance of October's main event. "Adrian has created an event to unite everyone," Davis says. "He was scoffed at by most at first—including me—then pulled it off."

veteran, was responsible for the operations of the NYC Marathon as the race's technical director. Wittenberg called him "the person responsible for growing the marathon into the world's largest." The first major test for the twosome comes on November 1, when the NYC Marathon will be held without Wittenberg at the helm for the first time in a decade.

says *Runner's World* U.K. editor-in-chief Andy Dixon, he promises to reform the world meets calendar to increase the importance of big international competitions, youth engagement, and anti-doping resources. Journalist Roger Robinson calls Coe's manifesto a "visionary strategy." One more fun Coe goal: making cross country a Winter Olympic sport.

field with the challenge of passing at least 22,500 runners to raise \$75,000 for an inaugural ATC youth race. This year, Kenah established a team competition, the Peachtree Cup, for elites from the U.S. against Africa, Asia, and Europe, linked to boosted purse prizes. Which has the running world asking: What will the mad race director think of next?

\$115,000 in grants to youth clubs since 2007, and spearheaded the RunPro Camp, which helps top college runners transition to professional running careers. "She's kind of under the radar," says Merhawi Keflezighi, agent to his brother Meb and several other elite Americans, "but her network is so influential."



▲ **Mary Wittenberg**

53, NEW YORK CITY
GLOBAL CEO, VIRGIN SPORT, FORMER PRESIDENT AND CEO
OF NEW YORK ROAD RUNNERS



Arguably the most influential woman in running now works for Richard Branson, one of the most unconventional billionaires on the planet. That in itself is an interesting development for the sport. How Wittenberg became the fitness consigliere to a man whose other interests include tourism of outer space also suggests that the best is yet to come.

Starting in 2005, Wittenberg oversaw the growth of NYRR, the world's foremost running organization, which puts on the New York City Marathon, the world's largest. In her last year alone, she increased the nonprofit's income nearly 30 percent to \$87.5 million, which fuels an enterprise that puts on more than 50 races attended by more than 400,000 people.

She grew the field for NYRR's main event, the marathon, to 50,530 last year, and in 2012 secured a five-year deal with ESPN/ABC to televise the marathon and other NYRR events. Free youth running initiatives that she has spearheaded impact more than 200,000 kids a year.

Once a competitive runner who won the 1987 Marine Corps Marathon, Wittenberg has been **unafraid to take up the mantle** on big issues in the pro sport. A champion for elite athletes, she guided NYRR to be a leader in prize money. As cofounder of the World Marathon Majors—a partnership among the world's six marquee races—she helped lead the charge to improve anti-doping protocols.

She's endured her share of criticisms—

including for the delayed cancellation of the 2012 NYC Marathon in the wake of Hurricane Sandy. It's telling, however, the extent to which she's endured the occasional storm, metaphorical and otherwise, to be so beloved by people from every corner of the sport: Out of 168 individuals nominated to our list, only Meb Keflezighi's name came up more frequently.

Though details on Virgin Sport remain scarce, Wittenberg's charge is to launch a lifestyle company focused on "expanding the reach of mass participatory events in running, cycling, and other formats." In other words, it's a role she's uniquely suited for—only now, she gets to do it on a much larger scale.

MAESTROS *Cont'd*



VIN
LANANNA

62, Eugene, Oregon
President, TrackTown USA;
Associate Athletic Director,
University of Oregon



► Few have done more to put the U.S. in the international track-and-field spotlight. Specifically, Eugene: He's turned a town with an already rich running history into a mecca for big events. To the chagrin of some, who would like to see the wealth shared, Lananna has brought several **major track meets** to Oregon, including the 2014 world junior championships in Eugene and next spring's world indoor championships in Portland. The former title-winning track coach's biggest get came in April when it was announced that, for the first time, the world outdoor championships would be held in the U.S. at Hayward Field in 2021. "Vin not only had the audacity to suggest that a small college town in Oregon could host the sport's biggest competition and celebration," says Atlanta Track Club's Rich Kenah, "he had the skills to maneuver a minefield of international sport politics and pulled it off."



DAVE
MCGILLIVRAY

61, North Andover, Massachusetts
Race director, Boston Marathon; founder and president of DMSE Sports



► One might describe McGillivray as "the race director's race director." In addition to conducting the Boston Marathon since 1988 and a grand total of more than 1,000 events since 1981 through his company, he might also be **the most accessible man** in the industry. "No matter what time of day or night," says L.A. Marathon CEO Tracey Russell, "he provides guidance and shares his wisdom to any race director—regardless of event size—who reaches out for help." It seems impossible that any one person could muster the energy for all those events and phone calls. This, however, is the same man (and dedicated philanthropist) who, in 1978, ran 3,452 miles across the country, raising \$150,000 for the Jimmy Fund in the process. He also runs his age in miles every year on his birthday—yes, he ran 60 on his 60th. In other words, he's hardly lost a step.

PHOTOGRAPHS BY IMAGE OF SPORT (LANANNA); VICTOR SALLER/PHOTORUN (MCGILLIVRAY)

5 FULLY LOADED

Business magnates with ties to the running world



RICHARD BRANSON

Net worth \$5B

> The Virgin Group founder, whose business interests also include commercial space travel, announced in May that he was entering the fitness-events space with Virgin Sport—and he persuaded Mary Wittenberg to leave New York Road Runners to lead the new venture. Not much is known, but it's already an intriguing development.



WARREN BUFFETT

Net worth \$67.3B

> Brooks Sports Inc. is a subsidiary of the business magnate's \$354.8 billion holding company, Berkshire Hathaway, Inc. Every year since 2012, Brooks has created a custom Buffett running shoe.



NATARAJAN CHANDRASEKARAN

CEO of Tata Consultancy Services

Market cap \$80.3B

> "Chandra," an avid marathoner, made TCS the new title sponsor of the NYC Marathon beginning in 2014. Last fall, he ran the NYC Marathon in 5:00.



PHIL KNIGHT

Net worth \$25.2B

> The cofounder and chairman of Nike Inc. has built the most powerful company in running, now worth \$86.2 billion. In June, he announced that he was stepping down as chairman and named Mark Parker as his successor.



JOHN LEGERE

President & CEO of T-Mobile
Market cap \$27.4B

> The eccentric exec has put up creative prize incentives for top American runners (see page 83).

GURUS



DAVID EPSTEIN

35, Brooklyn

Reporter, ProPublica; author of *The Sports Gene*



▶ In June, Epstein teamed with the BBC to break the story of the year, documenting the accusations and evidence put forth by former Nike Oregon Project staff and runners that coach Alberto Salazar and distance star Galen Rupp violated anti-doping rules. (The two have denied the allegations.) In the last several years, Epstein has emerged as the preeminent investigative reporter on performance-enhancing drugs; while previously at *Sports Illustrated*, he helped break the news that baseball star Alex Rodriguez tested



JEFF GALLOWAY

70, Atlanta

Olympian, inventor of the Galloway Run-Walk-Run Method; *Runner's World* columnist



▶ He's known as "America's Coach," and with good reason. Once one of the nation's fastest runners—a 1972 Olympian in the 10K who trained alongside the likes of Steve Prefontaine, Frank Shorter, and Bill Rodgers—he brought the sport to the masses by slowing things down for beginners. "He is personally responsible for inspiring thousands of people to participate in road races doing his method of run/walking," says Boston Marathon Race Director Dave McGillivray. Adds women's running pioneer Kathrine Switzer: "By



HAL HIGDON

84, Long Beach, Indiana

Prolific author of running books; wrote best-seller *Marathon: The Ultimate Training Guide*



▶ There's perhaps no clearer testament to the man's staying power than this: When you Google "marathon training" or "half marathon training," Higdon's is the first name that you'll see. "I ran my first marathon 15 years ago," says Westin Hotel's national running concierge Chris Heuveler, "and like nearly every first-time marathoner I meet in my job, I used his marathon training plan. It is remarkable that no one has dethroned Mr. Higdon from the top spot." By Higdon's own estimation, a half-million



MERHAWI KEFLEZIGHI

36, San Diego

Director, HAWI Management; agent to his brother Meb and several other elite runners



▶ Keflezighi stays busy—and not only on account of his celebrity brother/client. *Runner's World* contributing editor Peter Gambaccini describes him as "an ingenious and industrious business wizard who has dreamt up all manner of commercial opportunities for his brother Meb, Leo Manzano, and other clients." It was "Hawi" who helped coordinate Meb's charity challenge at the Peachtree Road Race last year. Hawi who guided Olympic 1500-meter silver medalist Leo Manzano to a then-shocking but,

THE INFLUENCE OF GALLOWAY'S RUN/WALK METHOD: "INCALCULABLE."

positive for steroids and also contributed to the efforts that toppled Lance Armstrong. His 2013 *New York Times* best-selling book *The Sports Gene* advanced public discourse over the role of genetics in sports, especially running. Epstein's stature has become such that the mere presence of his byline implies that a story is a big deal.

making running—and marathons—achievable for everyone, he has transformed cities and charities and people." Galloway is also a motivational speaker, a race founder, a specialist retailer, an online coach, a technology innovator... the list goes on and on. Concludes running historian Roger Robinson: "His influence on the sport is incalculable."

runners have gone 26.2 using his famous plan. A 1952 Olympic Trials qualifier in the 10K, record-setting masters runner, cofounder of the Road Runners Club of America, social media expert, and author of 36 books—with more on the way—Higdon has spent a lifetime working tirelessly to earn the trust of the running public.

in retrospect, brilliant sponsorship with breakout shoe brand Hoka One One in 2014. Hawi who joined with Dave McGillivray and Superhero Events to create the potentially game-changing, qualifiers-only USA Half Marathon Invitational (to debut this November). And Hawi who ought to be the next Keflezighi the world gets to know on a first-name basis.



▲ *Weldon and Robert Johnson*

BOTH 42, ITHACA, NEW YORK
COFOUNDERS OF LETSRUN.COM



The masterminds behind perhaps the most engaged online community of runners—particularly those at the front of the pack—have also earned their stripes as tenacious watchdogs.

The identical twin brothers founded Letsrun.com in 2000 after they moved to Flagstaff, Arizona, to focus on Weldon's dream of qualifying for the Olympics. Sequestered in the high-altitude training haven, they launched the site, which to this day maintains an endearing early-Internet page design, to be a meeting place for those obsessed with competitive running.

Weldon (above left) fell short of his Olympic goal, but the site took off, boosted by the vibrancy of its "World Famous Message Boards." The boards, which allowed for anonymous posting until recently, have been criticized by some as havens for vitriol

and unfounded rumors, but they've also been a breeding ground for major story breaks: the outing of presidential candidate Paul Ryan's bogus marathon PR claim started there, as did the chatter over a civilian photo that would help identify Boston Marathon bomber Dzhokhar Tsarnaev. The Johnsons themselves have been **tenacious** in their coverage of doping, breaking the news that former U.S. distance elite Mo Trafah had purchased EPO.

"Love 'em or hate 'em—and that probably depends on how much time you've spent on the message boards—the more newspaper coverage of running contracts, the more Letsrun becomes the daily newsfeed for breaking news and quick results," says author David Epstein. Indeed, Letsrun.com's homepage has become an essential bookmark for followers of the elite sport.

GURUS *Cont'd*

MOST
INFLUENTIAL
PEOPLE



RAY
MAKER

33, Paris
DC Rainmaker fitness
tech blogger



ALBERTO
SALAZAR

57, Portland, Oregon
Head coach, Nike Oregon
Project; distance-running
legend



HAJO
SEPPELT

52, Berlin
Journalist; doping
watchdog



► Maker produces one of the most popular running/cycling/triathlete gear review sites, drawing over a million unique visitors a month, almost entirely on his own—and all around his real job, as a computer networks and systems designer. Maker, an American who is also an avid runner (with a 2:54 marathon PR) and triathlete, has built a die-hard following on his website and social media through **rigid independence** and a geeky yet relatable thoroughness in his reviews. (Readers are also drawn by wanderlust to his frequent travel postings.) To the former point: He won't let brands he reviews advertise on the site. To the latter, he delivers IT-guy know-how on reviews of watches, cameras, activity monitors, and much, much more—and supplements the nuts-and-bolts stuff with nifty how-to guides. For the running technophile, Maker's site is a daily must-visit.

► "He's probably the most successful coach in America and maybe the most controversial," says running journalist Dick Patrick, who made that remark prior to a June ProPublica/BBC report that accused Salazar and his star pupil Galen Rupp of violating anti-doping policies. Salazar and Rupp have refuted the allegations. As a coach, Salazar made his name shepherding the careers of one of the planet's best distance runners (Mo Farah), arguably America's best 10,000-meter runner (Rupp), and other accomplished runners, with a reputation for pushing the legal limits of modern sports medicine. He's also an avatar of his employer, Nike: intimidating, aggressive, **indomitable**. His critics call him a bully and have long questioned the secrecy and intensity of his training program; his supporters have praised him for his savvy and passion. He is, after all, a man who has come back from the brink of death twice. The question now becomes: Will the obsessive competitive drive that made him a legend also be his undoing?

► Seppelt may be the most dangerous man in the sport—if you're a crooked official. He started making waves in the track-and-field world in 2012 with an **exposé of rampant doping** in Kenya. Late last year he released an incendiary documentary that accused Russia of widespread systematic doping—and implicated the IAAF, the governing body for the sport, in covering it up. Then, in August, he released another documentary revealing what he reports are blood tests from the IAAF from 2001 to 2012 that show that a third of medals in distance events at the Olympics and World Championships during that time frame were won by athletes with "suspicious" bloodwork—results "highly suggestive of doping or at the very least abnormal," according to an expert interviewed in the film. "After so many years of speculation and the isolated suspension here or there," says ProPublica reporter David Epstein, "he pulled back the curtain, and I think launched an investigation that will carry on and even grow for years."

PHOTOGRAPHS BY MICHAEL WILSON (ROBERT & WELDON JOHNSON); DOUG PENSINGER/GETTY IMAGES (SALAZAR); ASLU/ULSTEIN BILD VIA GETTY IMAGES (SEPPELT)

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● INNOVATORS



**SALLY
BERGESEN**

47, Seattle
Founder and CEO, Oiselle



► Oiselle is still small fry compared with the giants of the running industry—with sales at almost \$10 million last year—but in opening its first brick-and-mortar store in Seattle this summer, Bergeesen's showing that her flock is here for the long haul. **She's a fighter**—fearlessly critical of the likes of Nike and USATF—and she needs to be; as this very grouping demonstrates, she's elbowing for space in an industry dominated by male executives. Her women's-only apparel brand has fostered a fierce following in no small part because of its sponsorship of top runners like Kara Goucher, Lauren Fleshman, and a crop of up-and-comers including Lauren Wallace, the surprise national champion in the 1K at U.S. indoors this year. The brand embraces its ambassadors beyond their PRs and gives them a platform—as runway models during New York Fashion Week, as personalities online—to create fans. Count fellow influencer Mary Wittenberg as one: "She's building her brand by giving voice to women athletes and celebrating the strength and confidence of women runners."



**TOM
CARLEO**

51, West Newton, Massachusetts
Vice President of Running, New Balance



► Carleo, a 1988 1500-meter Olympic qualifier, was a popular nominee among the specialty running store operators polled for this list. Chances are you've worn a shoe he's had some hand in bringing to life: He spent 15 years at Nike and helped develop the Bowerman Series shoe line, then helped lead Saucony's revival in the mid-'00's, and, since 2008, "has had a great influence on New Balance's turnaround in running," says Ken Sung, co-owner of Gazelle Sports in Michigan. The brand has found success with its product line, which John Benedict, co-owner of Michigan's Playmakers specialty stores, matter-of-factly says "are selling well with great consumer acceptance." Carleo has also signed to Team New Balance some of **track's brightest stars**, including 1500-meter champion Jenny Simpson, 800-meter ace Brenda Martinez, and steeplechase phenom Emma Coburn.



▲ John Legere

57, Bellevue, Washington
President and CEO, T-Mobile



The colorful telecom tycoon isn't just one of running's biggest fans—he might be its richest, too. The latest information on his earnings shows that, in 2013 alone, he raked in \$29 million, and the prolific tweeter/hot pink shirt-wearer/tech party-crasher/avid runner seems intent on spreading the love to his favorite sport.

Legere, who at age 53 ran a 2:53 at the 2011 NYC Marathon, appears to be trying to single-handedly **improve earning incentives** for top American runners. Last May, he ponied up \$20,000—including \$5,000 first-place prizes—to help miler Nick Willis launch the Michigan Track Classic. Prior to the NYC Half this March,

he tweeted a series of performance-based offers to Meb Keflezighi and other top American men; Legere ended up donating \$25,000 to Keflezighi's namesake charity for leading the race coming out of Central Park. For the BAA 5K in April, he took to Twitter again to announce bonus awards of \$5,000 each to Ben True and Molly Huddle for breaking American records. He timed the announcement of a T-Mobile sponsorship of Keflezighi to just prior to this year's Boston Marathon, and also tried (and failed) to offer a performance bonus to top Americans at the race. Earlier in 2015, he made a six-figure donation to his alma mater, UMass Amherst, where

he ran competitively. He frequently tweets encouragement and congratulations to top American runners.

Legere's long-term strategy with this foray into elite running remains inscrutable; the casual timing and method for his prize announcements almost give the impression that he's making them as the mood strikes. The amounts are basically monopoly money to a man of his wealth. Still, his running résumé and prior involvement on NYRR's board of directors reveal a sincere interest in the vitality of elite running. For a sport always yearning for investment from companies and individuals outside of running, that's a wonderful thing.



▲ **Mark Parker**

59, BEAVERTON, OREGON
PRESIDENT & CEO, NIKE, INC.



“When you think Nike, you think Phil Knight,” says *Runner’s World* writer John Brant. “But Parker is the man in charge, and over the last several years at the helm, he has led the company to some of its best years ever. In terms of running, it’s Nike’s world, and the rest of us are just living in it.” Parker joined Nike as a shoe designer in 1979 after running at Penn State University; he rose

to president and CEO in 2006 and last fiscal year saw sales rise 10 percent to a whopping **\$30.6 billion**. His is the kind of company that can sign a \$500 million deal with USATF and lead observers to call it a bargain for the shoemaker. Nike sponsors most of the top distance runners in the country, including Shalane Flanagan, who credits the company for “consistently” back-

ing the elite sport. It remains a trendsetter in mass-market shoes and apparel—including its wildly successful Free line and, lately, in wearable tech through its growing relationship with Apple. “Parker’s attention to design excellence and state-of-the-art innovation,” says shoe-industry analyst Matt Powell, “has made Nike the industry leader in technical product.”

“IT’S NIKE’S WORLD,” SAYS ONE WAG. “WE JUST LIVE IN IT.”

● **INNOVATORS** *Cont’d*



**LESLIE
JORDAN**

72, Portland, Oregon
Founder and president,
Leslie Jordan, Inc.



**MAX
SIEGEL**

50, Indianapolis
CEO, USATF



► Chances are that if you’re a frequent road racer, you have a Leslie Jordan **tech T** somewhere in your closet. She founded her apparel design and manufacturing company in 1986, originally specializing in light Tyvek jackets before becoming an early adopter in the production of moisture-wicking technical shirts. Over the years her wholesale offerings to race organizers expanded to hats, totes, flip-flops, and an array of other swag; her operation grew to 16 factories in six countries and was one of the first to supply gear for international events. In 2006, Jordan was inducted into Running USA Hall of Champions. Still at the wheel as her company approaches the end of its third decade, Jordan is, says Running USA president Beth Salinger, “an influential woman in a male-dominated industry and is always ahead of the curve.”

► The shortcomings of the sport’s behemoth governing bureaucracy have been well documented, but there’s no denying the deal-making savvy of its top executive. Since his hiring in 2012, following a tumultuous period after Craig Masback left the post, Siegel has nearly doubled USATF’s annual revenue behind a flurry of new partnerships—highlighted by a 23-year, **\$500 million** new contract with longtime national team sponsor Nike. The windfall has helped him begin to answer the demands of elite athletes who want more prize money at national championships and more earning opportunities overall. A businessman with past experience at NASCAR and in the music industry, Siegel has used his “marketing acumen” to make a big difference, according to former NYRR CEO Allan Steinfield. “He’s an important player for the Olympians,” says agent Merhawi Keflezighi, “and has been a stabilizing force within the organization.”

MOST INFLUENTIAL PEOPLE



TRAVIS SNYDER

37, Salt Lake City
Founder and CEO, The Color Run, LLC



► By now, nontraditional races are entrenched in the running culture: Since 2009, participation in them has grown from 100,000 to 4 million in 2013, more than half marathons and marathons combined. "Mainstream running events don't like these guys," says former USATF president Bill Roe, "but I maintain that for every runner they siphon off, they are probably creating a new participant who wasn't running before." Snyder's all-comers The Color Run—branded the "Happiest 5K on the Planet"—has catalyzed this trend and hosted



ROBIN THURSTON

43, Austin, Texas
Chief Digital Officer, Under Armour; cofounder, MapMyFitness



► Under Armour has positioned itself to be at the forefront of the digital fitness revolution—and has handpicked a work-out app whiz to lead the way. Recently becoming the second-biggest fitness apparel company in the U.S. behind Nike, UA has recently snapped up **\$710 million** worth of health apps, including MyFitnessPal, Endomondo, and Thurston's own MapMyFitness, and put the former pro cyclist in charge of it all in its new Connected Fitness division. The play is coming together just as rival Nike has scuttled its FuelBand and shifted



JIM WEBER

55, Seattle
CEO, Brooks Sports, Inc.



► Quick: Name the **number-one-selling** shoe brand in specialty running stores. Nope, not Nike—it's Brooks. To hear Brooks senior vice president Dan Sheridan tell it, this has been the goal ever since Weber took over in 2001: "Under his leadership, the company decided to focus singularly on the run." The brand with the "Run Happy" philosophy just finished its 13th year of record revenue and has hauled in a load of running-shoe design awards. Weber has "a relentless focus on world-class customer service," says industry analyst Matt Powell—he's the type of CEO to respond

THE "RUN HAPPY" CEO IS HAULING IN AWARDS.

more than 300 events in more than 50 countries last year. To Roe's point: About 60 percent of The Color Run entrants have never run a 5K, which has "helped launch the **third running boom**," says former Running USA media director Ryan Lamppa, who hedges: "See me in five years for confirmation."

its focus from wearables to integrating its Nike+ Fuel app with Apple's HealthKit. Basically, the rival companies are competing for your data to learn more about how people exercise so that they can create better apps and gear. And with more than 130 million Connected Fitness users already, Thurston's got his work cut out for him.

directly to customer complaints on Twitter. His arrival at Brooks, and with it his plan to compete with Nike by specializing, came "at the right time," says Super Jock 'n Jill store owner Chet James. "The consequence of timing, having a great team, and funding aimed at trying to be the 'runner's brand' all lined up."

ADVOCATES



MO'ATH ALKHAWALDEH

26, Amman, Jordan
Elite marathoner; programs officer at Generations for Peace



► What makes Alkhalwaleh special isn't that he dreams of inspiring the next generation of Jordanians by qualifying for the 2016 Olympic Marathon (his PR is 2:33)—it's that he's dedicated his life off of the roads to that same cause. After coming to the U.S. on a full-time athletic scholarship at the New York Institute of Technology and earning his bachelor's and master's degrees, as well as doing stints at the United Nations and in finance, he returned to Jordan to work for Generations for Peace, a renowned **peace-building nonprofit**. Alkhalwaleh implements youth programs in 22 Middle Eastern and African countries that are focused on using sports to address issues of conflict in those communities. Says Paul Thompson, a standout masters runner who coached Alkhalwaleh in New York: "He's almost single-handedly showing how running can enrich the lives of his country folk."



MOLLY BARKER

54, Charlotte, North Carolina
Founder, Girls on the Run



► The numbers speak for themselves: What began with Barker and 13 girls in North Carolina has grown to a nonprofit running/life-skills program that now reaches over **160,000 preteen girls** in more than 225 cities and that hosted 333 year-end 5Ks in the U.S. and Canada last year. Barker, a former Ironman triathlete with a master's in social work, hit on a crucial need: The World Health Organization has found that adolescent girls are twice as likely as boys to suffer anxiety and depression and that regular physical activity can be as effective as antidepressants and psychotherapy. Barker no longer has a formal role with the movement she launched, though she remains, says Kathrine Switzer, "the face for this organization that is using running to empower many thousands of young girls and get them on the road to fitness for life."

INFLUENCERS BY THE NUMBERS

YOUNGEST

26

OLDEST

84

AVERAGE AGE

47

MOST INFLUENTIAL STATE

New York, with 8 influencers. Oregon follows with 6, and Massachusetts with 5.

MOST INFLUENTIAL CITY

Atlanta (5)

INTERNATIONAL INFLUENCERS

10, from 7 countries (besides U.S.) on 4 continents

M.D.s

1

Ph.D.s

5

OLYMPIC MEDALS

11 gold, 1 silver, 2 bronze



ADVOCATES *Cont'd*

**MOST
INFLUENTIAL
PEOPLE**



**ASHLEY
HICKS-ROCHA**

32, Atlanta

**TONI
CAREY**

31, Atlanta

Cofounders, Black Girls Run!



► Take it from Atlanta Track Club executive director Rich Kenah: "Toni and Ashley have organically created and grown a running network, not just a running club or organization. By opening chapters in most major cities across the U.S., these two women have not only allowed black women to tackle what they saw as an obesity problem in their community, they have empowered women to take first steps into a running world that had typically been dominated by 'white men in short shorts.'" Since launching in 2009, Black Girls Run! has seen ambassadors start branches in 71 cities across the country, membership numbers hit 170,000, and Oprah Winfrey gave her stamp of approval. The growth has been spurred by a fun and welcoming organizational attitude governed by the motto "Preserve the Sexy." "Theirs is the model by which running networks will grow in the future," Kenah says.



**EDWIN
MOSES**

60, Atlanta

Chairman, Laureus Sport for Good Foundation; two-time Olympic gold medalist in the 400-meter hurdles



► The restlessly brilliant hurdling great has always craved a challenge. During his career he led the charge for out-of-competition PED testing, and after retirement he served on the IOC's Athletes, Medical, and Ethics commissions and is now the board chair of the U.S. Anti-Doping Agency. He's gotten his MBA, received an honorary doctorate, and worked on Wall Street for about five years. Perhaps his most important work, though, has come during his 15-year tenure with Laureus, which has grown from supporting just one community sports program targeting disadvantaged youth in 2000 to, today, more than 150 in 35 countries. Under Moses's direction, Laureus estimates that the **number of kids impacted** by these programs—which use athletics to combat social problems ranging from HIV/AIDS to racial and religious intolerance to crime—is in the **millions**.



**TRACY
SUNDLUN**

63, San Diego

Senior vice president for events, Competitor Group, Inc.



► In August 2013, Competitor Group made an announcement that rocked the U.S. distance-racing world, citing "a strategic decision" to significantly cut its North American elite athlete program resources at its flagship Rock 'n' Roll Marathon Series: No more appearance fees or paid travel and lodging expenses for top runners, many of whom rely on such incentives to sustain their careers and find races at which to earn Olympic Trials qualifying times. Sundlun, who has played a major role in Rock 'n' Roll's geographic expansion (it expects 500,000 participants this year), says Allan Steinfeld, was the man on the inside who "convinced [his fellow executives] to reinstate it." After extreme backlash, the mea culpa came four months later, along with the announcement of **guaranteed prize money** at every North American race. "He fought tooth and nail for the elite structure to be enhanced, suffered when it was temporarily pushed aside, and worked very hard to get it back," says former USATF president Bill Roe.



Brogan Graham

32, SAN DIEGO

Bojan Mandaric

33, BOSTON

COFOUNDERS, THE NOVEMBER PROJECT



It's one thing to start a fire—as these two did when they launched their early morning, high-intensity group fitness movement in 2011—but it's another thing to keep it burning bright. It started with a few dozen brave souls meeting around metro Boston three mornings a week for strength work, steps, and hills, then expanded to more than 300 in the fall of 2012, then to six other cities by the end of 2013, and in 2014 went from seven to 17 and has now reached 21 November Project tribes. Things have blown up so fast that the cofounders have relin-

quished leadership of their Boston group to focus on expansion (with sizable financial help from The North Face). Graham, in keeping with the group's **communal ethos**, deferred attention by nominating Laura McCloskey to this list, a former Northeastern runner who moved across the country to found what is now one of November Project's most rabid tribes in San Francisco, drawing more than 200 members at some workouts. For empowering such dedicated ambassadors, we must pause to salute the original vision keepers.

COURTESY OF FRANKLIN FITZGERALD (CAREY & HICKS-ROCHA); FENG LI/GETTY IMAGES (MOSES); ANDREW MCKLANAHAN/PHOTORUN (SUNDLUN)

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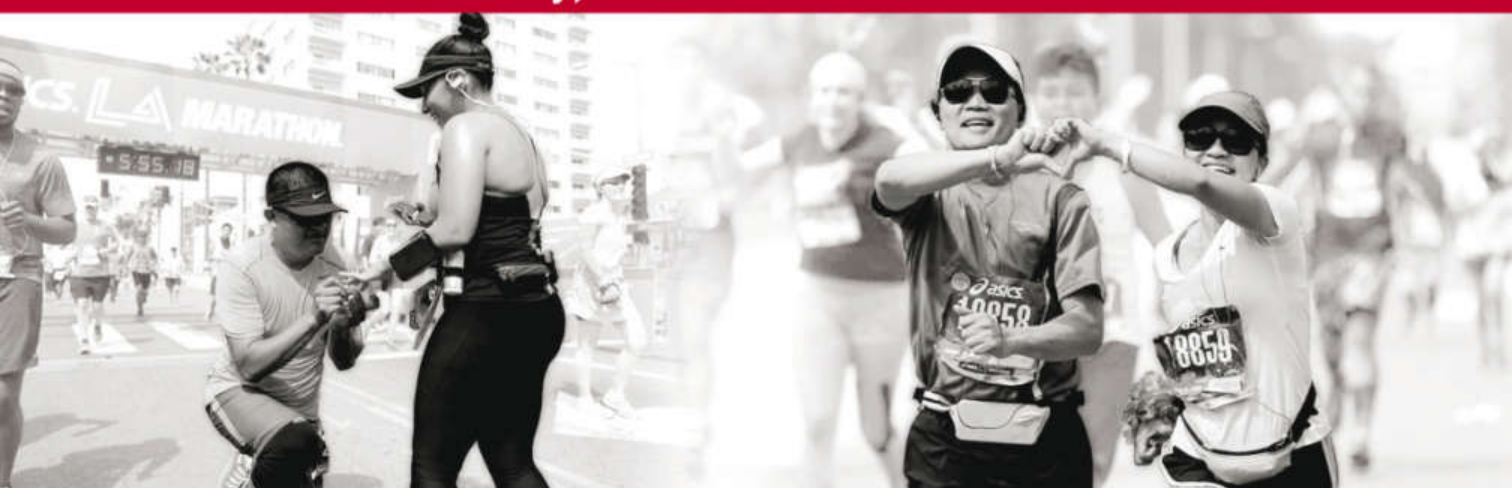
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● ADVOCATES *Cont'd*



**KATHRINE
SWITZER**

68, Hudson Valley,
New York

Women's running pioneer;
261 Fearless founder



► Switzer made history in 1967 when she became the first woman to officially run the Boston Marathon. "Kathrine bravely paved the way for so many female marathoners," says Deena Kastor, who owns the women's national record at the distance. Switzer's Boston breakthrough, however, was just the beginning. She's been an advocate for female runners ever since, creating women's race series, helping lobby the IOC to add the women's marathon to the 1984 Olympics, embarking on a career as a television commentator, writing three books, and last year launching 261 Fearless. A nod to the number on the bib that a race official tried to tear from her chest at Boston in '67, it's a **women's empowerment** movement with a goal of hosting 261 women's running events in the next decade. In 2017, on the 50th anniversary of her first Boston run, Switzer plans to move from broadcasting the race—which she's done every year since 1977—to running it for the first time in 41 years.



**TRAVIS
TYGART**

44, Colorado Springs
CEO, U.S. Anti-Doping
Agency



► The man chiefly responsible for bringing down Lance Armstrong will also oversee the investigation into Alberto Salazar's elite running group. Tygart, a lawyer, leads arguably one of the most well-respected anti-doping outfits on the planet and has been tenacious in his mission to **stamp out cheating** in American sports. With USADA since 2002 and its top executive since 2007, Tygart was instrumental in the doping investigation of the BALCO laboratory in San Francisco (infamously linked to several pro baseball stars and sprinters Marion Jones and Tim Montgomery), the DEA bust of Chinese steroid shipments known as Operation Raw Deal, and the probe of Armstrong and the U.S. Postal Service pro-cycling team. His "Reasoned Decision," a massive document detailing USADA's case against the cyclist, "capped a paradigm shift," says Frank Shorter, who was USADA's first chairman. "Athletes were no longer afraid to come forward." For fans and athletes weary of doping scandals in running, there's no leader more important.

SOCIAL STARS

We teamed with MVPIndex, which analyzes the social media impact of athletes, to see which runners have the biggest online influence. MVPIndex uses a proprietary algorithm that combines an athlete's reach (total fans/followers), engagement (activity by fans/followers), and conversation (media coverage



and commentary on an athlete) across a range of platforms, including Facebook, Twitter, and Instagram, into a single statistic that ranks their impact relative to their peers. (So, golfers are indexed against other golfers, runners against other runners, etc.). Here are their top male and female runners.

RANK	MEN	SCORE
1	Usain Bolt	0.951
2	Mo Farah	0.885
3	Kilian Jornet	0.734
4	Scott Jurek	0.697
5	Nick Symmonds	0.663
6	Meb Keflezighi	0.612
7	Josh Cox	0.603
8	Ryan Hall	0.539
9	Michael Wardian	0.538
10	Dean Karnazes	0.507

RANK	WOMEN	SCORE
1	Lolo Jones	0.955
2	Kara Goucher	0.863
3	Sanya Richards-Ross	0.813
4	Paula Radcliffe	0.809
4	Emma Coburn	0.809
6	Lauren Fleshman	0.798
7	Shalane Flanagan	0.784
8	Anna Frost	0.761
9	Sara Hall	0.742
10	Allyson Felix	0.772

● VISIONARIES



**IRENE
DAVIS, Ph.D.**

60, Cambridge,
Massachusetts

**DANIEL
LIEBERMAN,
Ph.D.**

51, Cambridge
Running biomechanics
researchers, Harvard
University



► The colleagues are among the most influential scientists in running. Lieberman's famous 2004 *Nature* paper, "Endurance running and the evolution of Homo," popularized by Christopher McDougall's *Born to Run*, discussed the importance of endurance running to humans over the millennia and helped precipitate the **barefoot-running boom**. In the years since, Lieberman (a 3:24 marathoner) has studied Kenyan and Tarahumara Indian runners and published noteworthy studies on foot strike, running economy, and injuries. Davis, the director of Harvard Medical School's Spaulding National Running Center, specializes in helping injured runners by analyzing and correcting form. She's a believer that bad form is a culprit in running injuries and is fighting to make "gait retraining" part of standard physical therapy.



**ANDREW
JONES, Ph.D.**

45, Exeter, U.K.

Head of Sport and Health
Sciences, University of
Exeter, U.K.



► If you've been downing beet juice for a natural performance boost the last few years, you can thank Jones (or @Andy Beetroot, his Twitter alter-ego). His impact goes far beyond conducting the early research on the root-rop breakthrough, however, having been, among other things, the longtime physiologist to U.K. running legend Paula Radcliffe. In measuring her $\dot{V}O_{2\max}$ at an otherworldly 70 ml/kg/min when she was 17 years old, he had the scientific evidence that predicted her greatness long before she was a marathon world record smasher. Other top-line work by Jones includes studies showing that greater tendon stiffness—indicated by a poorer sit-and-reach—may be tied to better running economy. "He is an **absolute world-class scientist** with hundreds of publications," says Trent Stellingwerf, Ph.D., of the Canadian Sport Institute.

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▲ Stacy Sims, Ph.D.

42, SAN FRANCISCO
EXERCISE PHYSIOLOGIST/NUTRITION SCIENTIST;
COFOUNDER AND CHIEF RESEARCH OFFICER, OSMO



The former competitive ultrarunner, Ironman and Xterra triathlete, and professional road cyclist is set on changing the fueling game for runners, especially women. One of Sims's primary targets: the Gatorades of the world that she believes overload athletes with carbohydrates to the detriment of hydration. Her company Osmo Nutrition, which launched in 2012, intends to correct an industry obsession with crashing.

Sims believes the solution is simple: Separate fueling from hydration, or as Osmo touts, "food in your pocket, hydration in your bottle." In practice, her recommendation is to fuel well in advance of training or racing—three or four hours—drinking a low-carb hydrating drink (the term is "low osmolality"), and being mindful not to misread late-workout fatigue

as a need to fuel up when it might just be dehydration. Sims spent about 15 years researching the science and used herself, pro teammates, and elite endurance athletes as guinea pigs. Osmo's product line emphasizes in-workout hydration paired with postworkout recovery protein.

Sims's other main interest is how women's fitness needs differ from men's. **"Women are not small men"**—a dig at the overemphasis on male subjects in exercise physiology studies—has been adopted by Osmo as a slogan for its women's line. Her research has found that hormonal fluctuations during the menstrual cycle can impact athletic performance. Her recommendation: Consume more protein before and after training, be mindful of hydration, and ingest more carbs for intense sessions.



VISIONARIES *Cont'd*

MOST INFLUENTIAL PEOPLE



NICOLAS
MERMOUD

48, Chambéry, France

Co-Creator of the Hoka One One shoe



TIM
NOAKES, M.D.

66, Cape Town, South Africa

Endurance sports researcher; author



PAUL
WILLIAMS,
Ph.D.

63, Berkeley, California

Guest scientist, Lawrence Berkeley National Laboratory



► By now, everybody knows the iconic, super-cushy shoe that launched a **"maximalist" revolution**, but few are familiar with the brains behind the concept. Mermoud, an elite French mountain runner, and his Hoka colleagues drew inspiration from skis, mountain-bike tires, and tennis rackets—equipment that emphasized oversized "sweet spots"—and was able to expand the platform of the shoe without adding weight, thanks to unthinkably light-yet-durable materials. In 2010, top U.S. ultrarunner Karl Meltzer tried them—and the rest has been history. Two years later, Mermoud and his partners Jean-Luc Diard and Christophe Aubonnet sold Hoka to Deckers Outdoor Corporation, whose CEO, Angel Martinez, deserves an honorable mention for sustaining the founders' momentum, signing elite athletes from milers to ultrarunners and reeling in \$48 million last year. "Mermoud and company," says *Runner's World* Senior Content Editor Scott Douglas, "made cushioning cool again."

► Noakes has made a career out of challenging sport-science conventions; among other things, in the 1970s he helped disprove a theory that experienced marathoners couldn't die from heart disease and pioneered an entire field of research on exercise hyponatremia (excessive hydration). He is perhaps most famously known for his book, *The Lore of Running*. Now, the avid runner's latest cause célèbre, outlined in his coauthored 2014 best-seller *The Real Meal Revolution*, is that a **low-carb diet** could actually be best for runners—going against the, er, grain of conventional carb-loading thinking. "Whatever he does is influential in running," says David Epstein, "and now it happens to be this." Noakes, however, recently found himself in hot water over a tweet sent last year advising a mother to have her baby follow a high-fat, low-carb diet. In November, he'll face a hearing in front of the Health Professions Council of South Africa to determine if he acted unethically in dispensing the advice.

► What began with a questionnaire for *Runner's World* readers in 1991 grew into the preeminent longitudinal study of the health impacts of our sport: the National Runners' and Walkers' Health Study. In its charge, Williams has collected and analyzed data on more than 150,000 subjects over 24 years. Reports stemming from his study have linked running with **lowered risks of cancer**, heart disease, high blood pressure, and an array of other ailments, and have also debunked the myth that running increases osteoarthritis risk. The study, which has received \$4 million in grants from the National Institutes of Health since it began, is close to running out of money, and Williams has made public pleas to runners to help him convince the Department of Energy to provide bridge funding until new support can be obtained. At press time, Williams hadn't received the DOE funding but did get support to keep the study open while he seeks other financing. 🏃



Every Mile is Magic

EVENT CALENDAR

CALIFORNIA

Avengers Super Heroes Half Marathon Weekend

November 12-15, 2015

Registration Open

Star Wars™ Half Marathon Weekend

January 14-17, 2016

SOLD OUT

Tinker Bell Half Marathon Weekend

presented by PANDORA Jewelry

May 5-8, 2016

Registration Open

Disneyland® Half Marathon Weekend

presented by Cigna®

September 1-4, 2016

FLORIDA

Disney Wine & Dine Half Marathon Weekend

November 6-7, 2015

SOLD OUT

Walt Disney World® Marathon Weekend

presented by Cigna®

January 6-10, 2016

Registration Open

Disney Princess Half Marathon Weekend

presented by Children's Miracle Network Hospitals

February 18-21, 2016

SOLD OUT

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YouTube



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All information subject to change. All races subject to age eligibility requirements and capacity limits.

BIG HAIR DAYS *on a* TEXAS TRACK



Neal Barr, a fashion photographer whose portfolio included advertisements for Estee Lauder, Clinique, and *Vanity Fair*, took the photo. The runners' hair and uniforms are exactly what they wore during meets, but Barr gave them false eyelashes and turned Rinehart's head to hide a crooked tooth. Rinehart, who was 19 at the time, admits she padded her bra for the shoot because "they didn't have Victoria's Secret back then."

D

URING THE SPRING of 1964, *Sports Illustrated* covers featured the usual cadre of super (or soon

to be super) stars: golfer Jack Nicklaus, lefty pitcher Sandy Koufax, the first-time national champion UCLA basketball team. Then, on April 20, with hair blown out, makeup on, and crouched in sprint positions, Janis Rinehart (foreground) and two teammates became the first female track athletes from the U.S. to grace the cover. Their look was no joke. They were part of the Texas Track Club, a small group of high school- and college-aged female sprinters based in Abilene, Texas, led by a dedicated coach as obsessed with beauty as with winning races. Both coach and athletes believed style could get people excited about the sport. "We were pioneers in women's track," Rinehart, now 71, says. "We were making it popular. And people liked the way we looked because we were flashy."

A DRAMATIC MASTERS | IN TEXAS

Sports Illustrated

After landing on newsstands, the issue gained the Texas Track Club plenty of attention. The Eugene *Register-Guard* wrote of one 1964 Oregon meet in which the young women competed: "Clusters of male spectators materialized out of nowhere. Binoculars were visible peering out of windows from the men's dormitory across the street." When Jerry Brown, a distance runner at Lubbock Christian College in Lubbock, Texas, saw the *Sports Illustrated* cover, he worked out a plan to meet Rinehart. "I saw her and knew I had to have her for the rest of my life," says Brown. They've been married 49 years.

Before joining the Texas Track Club in 1961 at age 16, Rinehart competed in pedal pushers, modest pants that hung around the knee. But wanting to draw attention to her runners, club founder and coach Margaret Ellison (holding start pistol, top left) clad the team in form-fitting uniforms and matching travel suits. "Ms. Ellison designed white bell-bottoms and a white jacket trimmed with red for when we flew to meets," says Rinehart. "My daddy was really against the shorts."



...T AND COLOR
 APRIL 20, 1964 30 CENTS
 -ated

The runners actually competed while wearing these hairstyles. Rinehart sported the bob, Paula Walter (middle) the beehive, and Jeanne Ellison (back) the flip. **Teasing helped add volume, and Aqua Net hairspray held it all in place.** Even during a sprint down the homestretch, says Rinehart, her 'do didn't budge. "We went through those cans of hairspray quite often."



Guy Sullivan (left), now 87, was an elementary school phys ed teacher in Snyder, Texas, when he first saw Rinehart sprinting barefoot and cruising past boys on the

playground. She was only 9, and few young girls competed in track at the time, but Sullivan decided to coach her. He still remembers the girl's first meet. "I kid you not—she blew them off that track," he says. "She was barefooted, coming through with pedal pushers on, and she worked them over. In practice you work on your starts, your conditioning. You never work on running through the tape. She got to the finish line and that string was

Jeanne Ellison was the daughter of Coach Margaret Ellison. The elder Ellison, nicknamed Flamin' Mamie for her strawberry blond hair and flamboyant personality, had little track experience but plenty of business savvy. "She would say anything," says Rinehart (including telling the *Sports Illustrated* reporter—falsely—that she dyed Rinehart's hair blonde so it would stick out during close finishes when really, she dyed it because she thought it looked more stylish). Hoping to attract both spectators and media, **Ellison brought her athletes to a beauty salon before every meet.** "She was an entrepreneur," Rinehart says. "We just ate it up—we'd get a lot of attention."

→ across the track—she saw that and put the brakes on. I thought she was going to lose the race right there." She won, and Sullivan continued coaching her through the 1960 Olympic Trials in the 100 meters when she was just 15 (she didn't make the cut). After she left the Texas Track Club, he helped her earn a track scholarship at Lubbock Christian College [now University]—a rare occurrence for a female athlete before Title IX.

Gil Rogin, then an editor at *Sports Illustrated*, wrote the story that accompanied the cover photo. Rogin, a track superfan who traveled often to Eugene, Oregon, to watch guys like Steve Prefontaine compete (and crash on the couch of his buddy, distance-running legend Kenny Moore), thinks that's where he first saw the Texas Track Club. He eventually went on a road trip with them and wrote about it. "There had never been any story like ['Flamin' Mamie's Bouffant Belles']," says Rogin, 85. He'd chosen to write primarily about the athletes' beauty regimen rather than their running, and admits, "It was all just a stunt. It wasn't a track story."

When the magazine came out, Julia Chase-Brand was in Los Angeles training for the Olympic Trials. The 800-meter runner had long been an advocate for the right of women athletes to compete in races longer than 880 yards ("experts" back then considered distance running harmful to reproductive organs). She didn't care for the cover—or the story. "It was really embarrassing," says Chase-Brand, now 73. "And so condescending for those women who deserved recognition as athletes. In some sense, it was like the swimsuit issue."

Both Paula Walter and Jeanne Ellison have passed away, and Rinehart and Jerry Brown live in San Antonio. A framed original cover hangs near the front door of their house. "I'm proud of it," she says. "It opened up a lot of opportunities for me." Opportunities like meeting her husband and getting inducted into her high school hall of honor, where a copy of the issue hangs in the gym. Recently, her 16-year-old grandson asked her to coach him in speedwork before he starts playing football. —KIT FOX



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SHOES FOR ANY OFF-
ROAD ADVENTURE, FROM
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STREAM TO MOUNTAIN
SINGLETRACK.

BY JONATHAN BEVERLY & MARTYN SHORTEN, PH.D.
PHOTOGRAPHS BY NICK FERRARI

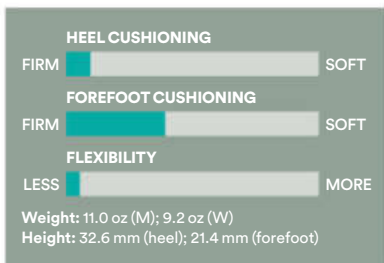
● BACKCOUNTRY BEST FOR RUGGED AND STEEP TERRAIN



La Sportiva Mutant \$130

The Mutant is an enigma. The sole is thick, stiff, and so firm it borders on hard; the upper is small and narrow. But once you find the size that fits (at least one-half size up) and get laced into the snug, overlapping upper, you feel locked into the seat of a fighter jet, and the shoe somehow runs like a racing flat. The full-rubber outsole with grippy lugs provides plenty of protection.

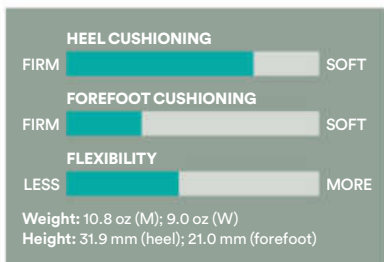
BOTTOM LINE: Strap in and get ready for anything. (Women's pictured.)



Montrail Mountain Masochist III \$100

You don't have to love singletrack pain to appreciate the Mountain Masochist, although the shoes would be a good choice for running the 50-mile trail race in Virginia that shares its name. The third version of this popular shoe adds a frame of blended-density foam in the midsole to improve stability, and reduces the number of overlays on the upper for a more open, breathable feel.

BOTTOM LINE: Serious stability for the long trail. (Men's pictured.)

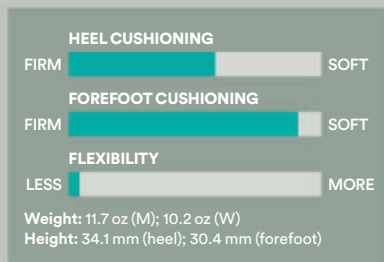


SAUCONY XODUS 6.0 \$120

The Xodus is a tank, with trail-crushing tread and protection, fitted out with a plush, luxury-car interior. For version 6.0, Saucony kept all the ruggedness while improving the comfort. The midsole has more cushy foam underfoot. A sleeker, lighter upper lets toes move and breathe, while welded (rather than stitched) overlays wrap the

midfoot securely. A sturdy, stitched layer protects the perimeter of the shoe with plastic reinforcement at the toe. The sole uses hard rubber lugs in the center to dig into the trail, while more malleable Vibram lugs around the outside splay and grip—and a stone guard embedded in the midsole prevents bruising.

BOTTOM LINE: Tackle the toughest trail in luxury. (Men's pictured.)



TESTER'S TAKE

NAME: Jay Manwiller
AGE: 60
HEIGHT: 5'4"
WEIGHT: 153 lbs
MILES PER WEEK: 35
HOME: West Lawn, PA
OCCUPATION: IT Manager



"They're hard on the outside but soft in the middle—like me. Nice cushioned ride, but you always have a feel for where your feet are on the trail. Once you get used to the wide tread, it really gives a stable feel. The tread holds up with decent traction on wet rocks and wood bridges."

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● BACKCOUNTRY BEST FOR RUGGED AND STEEP TERRAIN

Ample rubber
lugs grab
the trail and
hold firm.



Salomon Speedcross Pro \$150

Why you might need the Speedcross Pro: (1) You're racing over steep, sloppy, boggy mountain trails (e.g., ultramarathons in Europe); (2) you're competing in serious mud runs; or (3) you simply want some of the most rugged, dirt-grabbing, mud-shedding, foot-hugging shoes made. The Pro version claims to have 22 percent more surface contact from its deep, chevron-shaped lugs that reverse direction in the heel for downhill control. Testers found a secure fit and superb traction.

BOTTOM LINE: *Shreds trails, sheds mud.*
(Men's pictured.)

The North Face Ultra MT \$130

The Ultra MT is designed for "higher up the mountain," where toughness and durability matter. The mesh upper isn't waterproof, but the tight weave of the ballistic nylon resists mud and easily washes clean. Testers found the fit secure but not so comfortable, with a feel like a sports cleat and a thin tongue that doesn't stay in place. All praised the traction as well as the stable, powerful pushoffs provided by a midsole lined with a firm but flexible plate in the forefoot for protection.

BOTTOM LINE: *Protective performance.*
(Women's pictured.)

● WEATHER BEATERS BEST FOR WET AND COLD CONDITIONS

Waterproof shoes can't keep your feet completely dry—there's that big hole where your foot goes in and the pesky issue of sweat—but they can reduce how soaked you get, particularly along cold, sloppy mountain runs and obstacle-course races.



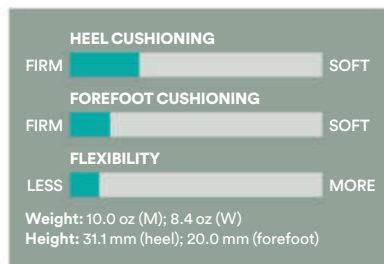
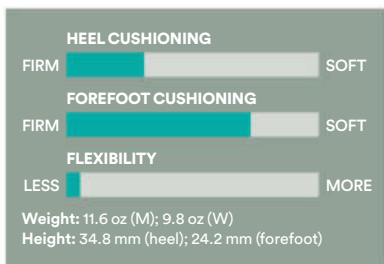
● Vasque uses a full Gore-Tex "booty" liner inside its firm-riding, rugged **Pendulum II GTX** (\$150) to keep water out all the way to the top of the gusseted tongue. Testers found the upper protected admirably but it reduced the adaptability of the fit. While some loved them enough to race ultras in them, others couldn't get comfortable in them. (Women's pictured.)



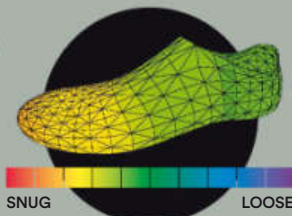
● An outer layer of waterproof but vapor-permeable Polartec NeoShell fabric serves as a jacket around the **Altra Lone Peak NeoShell** (\$150), which retains the award-winning foot-shaped, cushioned, zero-drop Lone Peak ride. It's the first-ever use of NeoShell in a shoe. Testers appreciated that the shell kept the shoe's padding dry as well as their feet. (Men's pictured.)



● Three layers protect against the elements in the max-cushioned **Skechers GOrun Ultra 2 - Climate** (\$90). Skechers sandwiches a micro-porous waterproof membrane between a wicking, mesh interior and a tough, abrasion-resistant, washable outer shell. The thick upper made the fit wide and loose, testers said, although they lauded the durability. (Women's pictured.)



HOW IT FITS: Scans from Shoefitr, a company that makes 3-D images showing how a shoe fits relative to the average shoe, reveal that The North Face Ultra MT has a standard width in the heel but narrows in the midfoot and forefoot, providing a connection to the trail but reducing the comfort. To see scans of all the shoes in this guide, visit runnersworld.com/shoeguide.

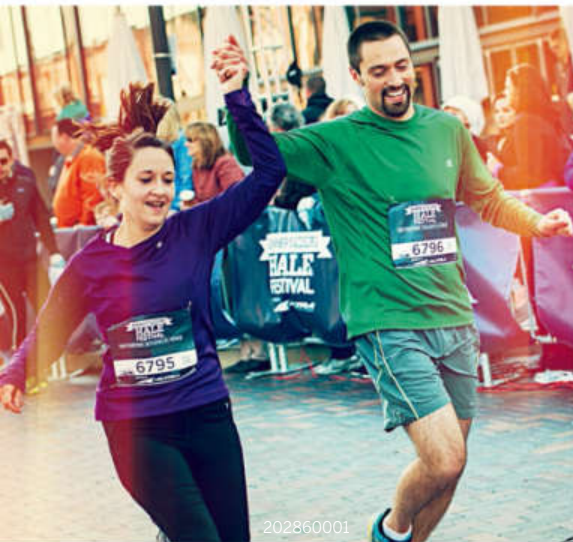


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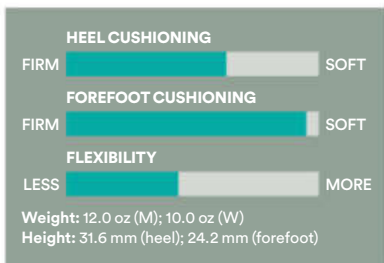
CUSHIONED
BEST FOR LONG RUNS
AND EASY DAYS



Adidas Response Trail Boost \$110

If Mad Max made a trail shoe out of postapocalyptic spare parts, this is what it might look like. It has a tire tread seemingly borrowed from a BMX bike, a neoprene booty upper secured with multiple straps of random thickness and texture, and bits and pieces of leather reinforcing the sides. The cushy bounce provided by a midsole with Boost foam redeems the mishmash.

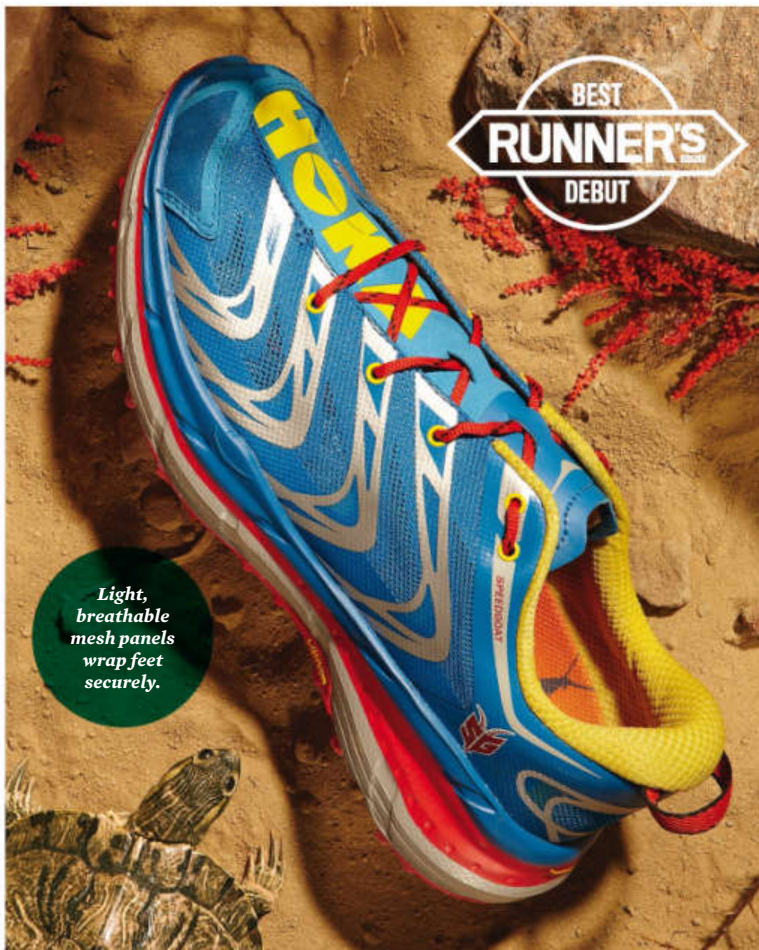
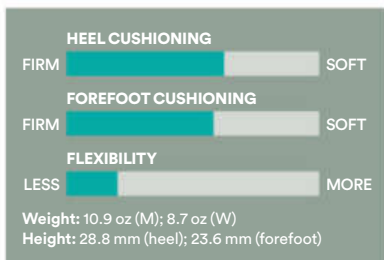
BOTTOM LINE: Bouncy Mad Max moc. (Women's pictured.)



New Balance Fresh Foam Hierro \$115

This second version of New Balance's Fresh Foam trail shoe (the first was called the 980 Trail) has been tweaked to be slightly lighter, softer, and more flexible, with a more durable upper. A puncture-resistant mesh welded on the outside of the heel and along the "bite line" where the upper meets the sole keeps you from getting stabbed by sticks and thorns.

BOTTOM LINE: Softer ride, tougher upper. (Men's pictured.)



BEST
RUNNER'S
DEBUT

Light,
breathable
mesh panels
wrap feet
securely.

HOKA ONE ONE SPEEDGOAT \$140

Traction topped the list of what testers liked about the Speedgoat, Hoka's new trail shoe named after ultrarunner Karl Meltzer and his rugged 50K race in Utah. That traction comes from widely spaced lugs made from sticky and durable Vibram rubber that cover most of the bottom. Grooves in the sole, both across the shoe

and lengthwise, allow the shoe to flex around the terrain. Testers also lauded the superb cushioning. A few were surprised by how smoothly they ran, perhaps fooled by the trompe l'oeil design that makes the midsole look half as high as it is. The Speedgoat maintains the breathable mesh upper of the Rapa Nui, which this replaces.

BOTTOM LINE: Frees your inner mountain goat. (Men's pictured.)



TESTER'S TAKE

NAME: Angeline Piskorski
AGE: 34
HEIGHT: 5' 6"
WEIGHT: 141 lbs
MILES PER WEEK: 40
HOME: Fleetwood, PA
OCCUPATION: Membership Representative



"The traction was incredible. I felt like Spider-Man climbing up the hills, and the shoe made me feel more in control when flying downhill. Despite a really long and hard run, my legs still felt refreshed the next day due to the fabulous cushioning with great support under the whole foot."

ON THE RUN



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*Silk Original Cashewmilk: 60 cal/serv; Silk Unsweetened Cashewmilk: 25 cal/serv; skim dairy milk: 80 cal/serv. USDA National Nutrient Database for Standard Reference, Release 27. Data consistent with typical skim dairy milk.



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TRAINING AND RACING



Inov-8 Terraclaw 250 \$130

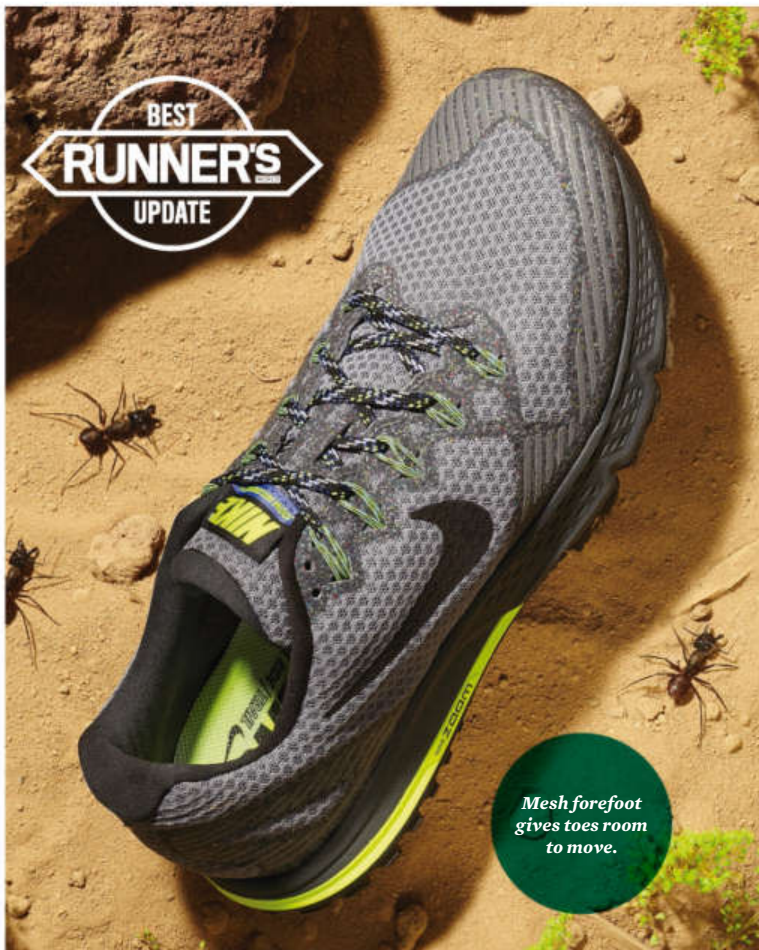
The Terraclaw 250 is a versatile trail shoe that fills a more mainstream niche than the brand's über-aggressive models for steep and muddy terrain. Like other Inov-8s, the sole is firm and responsive, with a "fascia plate" in the midsole that flexes and bounces back to provide pop on pushoff. But the fit is looser, the traction lugs shorter, and the midsole slightly cushier.

BOTTOM LINE: *Mainstream mudder.*
(Women's pictured.)



HOW WE TEST
IT TAKES TIME,
SWEAT, AND SCIENCE

To produce this guide, we recruited more than 200 wear-testers in Reading, PA, Lehigh Valley, PA, East Lansing, MI, and Chase County, NE, to run in these trail shoes and provide us with feedback. We also conducted mechanical tests on each model at the RW Shoe Lab, an independent facility in Portland, OR. The results displayed in this guide are for a men's size 9. To find reviews, photographs, and data for both the men's and women's versions of shoes, go to runnersworld.com/shoesearch. For more on our methodology, visit runnersworld.com/how-we-test.



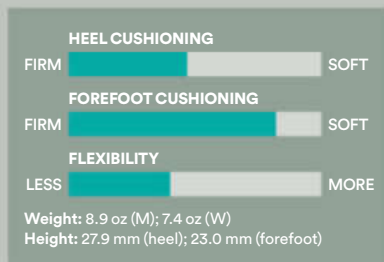
BEST
RUNNER'S
UPDATE

Mesh forefoot
gives toes room
to move.

NIKE AIR ZOOM TERRA KIGER 3 \$125

Dedicated trail runners had few complaints about the first two versions of the Terra Kiger, but Nike fixed those few in this update, making the shoe an excellent choice for any runner wanting a natural-feel shoe for the trail. The most welcomed modification was to open up the forefoot, using a Flymesh upper reinforced with welded strips of film on high-abrasion areas. The "burrito wrap" tongue wraps close to the foot under dynamic cables that tie into the laces to secure the midfoot. The outsole is more aggressive this time around, particularly in the heel, providing better traction going up, going down, and cornering. Flexibility also improved.

BOTTOM LINE: *Disappears and lets you be the trail.* (Men's pictured.)



TESTER'S TAKE

NAME: Grant Woodman
AGE: 41
HEIGHT: 5' 5"
WEIGHT: 144 lbs
MILES PER WEEK: 65
HOME: Ithaca, MI
OCCUPATION: Guidance Counselor



"The shoe held up on two ultra trail races, and I didn't have any foot problems. Loved the lightweight design combined with the wider forefoot, compared to previous versions. The upper felt more adjustable, and it felt like there was more cushioning in the forefoot as well."

CROSSOVER
BEST FOR BOTH THE TRAIL
AND THE ROAD

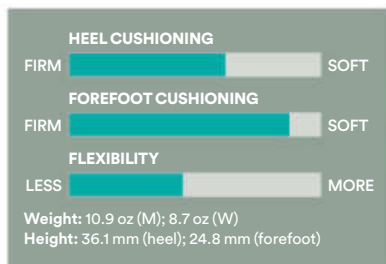
Fewer overlays
let shoe
conform more
closely to foot.



Brooks Adrenaline ASR 12 \$130

The Adrenaline ASR is a trail shoe like a Ford Explorer is an off-road vehicle. It has all the comfort, cushioning, and control of a sedan, with just enough extra traction to wander on trails now and then. Like its road sibling, this version rides softer, using a midsole foam new to this shoe. The “crash pad”—a segmented section of the outsole backed by softer midsole material—now runs heel to toe to smooth the landing and the transition to toe-off. Testers loved the fit of the refined upper.

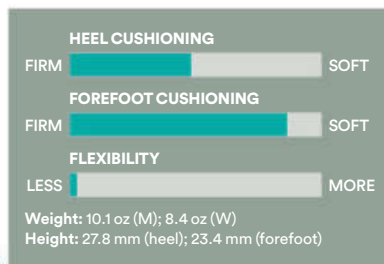
BOTTOM LINE: Durable sibling of a road favorite. (Women's pictured.)



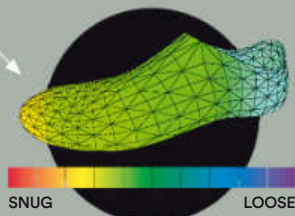
Saucony Nomad TR \$110

Remember the scene from Dreamworks' animated film “Over the Hedge” where RJ tells Hammy, “Less claw, more pad”? That's the philosophy of the all-new Nomad, which uses a relatively flat, soft, sticky rubber to grip trail surfaces rather than hard lugs to dig into them. Testers said the traction was superior on a variety of terrains, particularly in wet conditions. The Nomad's ride echoes that of the Kinvara—much more so than the Kinvara TR model Saucony released a few years back.

BOTTOM LINE: A Kinvara with sticky traction and a jacket. (Men's pictured.)



HOW IT FITS: The ShoeFit scan reveals that the Nomad TR's seamless upper, made with a tight, flexible mesh reinforced with welded “Flexfilm” overlays, provides a slightly looser than average fit in the midfoot, with the heel trending toward wide and loose. While all found the fit comfortable, it didn't hold the foot as securely on the trails as some would prefer.



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THE RUNDOWN

inside the runner's world

OUR KIND OF TOWN

We love running in Chicago, and in June **RUNNER'S WORLD** staffers got their chance to participate in the **Running & Fitness Event for Women**. Publisher **Molly O'Keefe**, along with RWZelle.com Editorial Marketing Manager **Elizabeth Comeau**, Integrated Marketing Director **Kathleen Jobes**, and Marketing Coordinator **Nicole Ragucci** hosted a morning run along Lake Michigan. More than 200 people came out to run, and some showed off their ROOTDs (run outfits of the day) for Zelle.

The celebration of running continued with a fashion show, which was kicked off by amazing young ladies from the Chicago chapter of **Girls on the Run**. During the show, running apparel, shoes, gear, and even canine running accessories were on display from more than 30 brands.

The Girls on the Run "Remarkable Running Footwear Specialty Retail Partnership" award was presented to Gazelle Sports during a reception sponsored by **RUNNER'S WORLD**, Vibram, and SmartWool. A \$1,000 donation was also made to Girls on the Run of Greater Kalamazoo in honor of Gazelle Sports. Gazelle Sports helped bring Girls on the Run to Kalamazoo and fits each participant for a pair of running shoes at the start of every season.



© PHOTORUN

RUNNER'S WORLD has upped its presence for October's **Bank of America Chicago Marathon**. This year's event will feature the **RUNNER'S WORLD Seminar Series** at the **Abbott Health & Fitness Expo** stage at the McCormick Place Convention Center. The series will include running-related seminars and speakers designed to entertain and inform expo patrons, and help prepare the more than 45,000 marathoners to run their best race with last-minute strategy, advice, and answers. **RUNNER'S WORLD** will also have an increased brand presence on the expo floor with the **RUNNER'S WORLD Experience**. This partnership will expand in 2016 to include the newly rebranded **RUNNER'S WORLD VIP Program** (formerly the **RUNNER'S WORLD Challenge**).

For the first time, the Chicago Marathon will provide runners an unparalleled VIP experience backed by **RUNNER'S WORLD**. The program begins with custom training plans, motivational emails, and personal online coaching during training, and then kicks into high gear on race weekend with exclusive bib pickup, a private strategy session, and a shakeout run with **RUNNER'S WORLD** editors. The **RUNNER'S WORLD VIP** program shines on race day with private prerace gear check, breakfast area, and bathrooms, while postrace features private massage, food, bag pickup, and a family meeting area to celebrate the finish in style and comfort.

Top: Bank of America Chicago Marathon runners

Left: Runner's World Zelle's Elizabeth Comeau (far right) discussed participants' Run Outfits of the Day in Chicago.



PHOTO BY NICOLE RAGUCCI

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Runners see sites from “The Legend of Sleepy Hollow” (inset) as well as the titular village.

FRIGHT OR FLIGHT

The spooky setting of a famous horror story hosts a haunting half. BY ADAM VOILAND

● I’m in Sleepy Hollow, New York, a small village in the Hudson River Valley, waiting in the cool morning mist with about 800 other runners. I’ve run plenty of races, but this, the Sleepy Hollow Half Marathon, will be the first with a connection to one of America’s most enduring short stories: Washington Irving’s “The Legend of Sleepy Hollow.”

I reread it late last night and noticed that a few landmarks from the story fall along the race route. I’m especially eager to

see the Old Dutch Church and adjacent graveyard (inset photo). As legend has it, a Revolutionary War soldier who lost his head to a cannonball is buried there. His spirit is said to roam the town on a ghost of a horse in search of his missing part.

At the start of the half, I scan the crowd, imagining that this or that runner is a character from the story. There’s me—a skinny, nerdy guy like Ichabod Crane, the lanky, bumbling schoolteacher protagonist. In the same night, poor Ichabod →



gets snubbed by his crush and chased by a ghastly rider on horseback, who pelts him with a pumpkin.

The attractive, ponytailed woman next to me in flashy neon gear must be Katrina Van Tassel, the target of Ichabod's affections. I'm not the only person noticing her: A stocky guy with a crew cut and bulging calves stands on her other side. He must be Brom Bones, Ichabod's main romantic rival, who posed as the Headless Horseman to scare Ichabod. While I have a scarecrow torso sculpted by an office job, this guy has the muscles of a Marine. As we wait to begin, he sees me glancing at her. His eyes narrow into a glare.

The blare of the horn interrupts my daydreaming. With the pattering sound of rubber against pavement, we're off. Katrina darts between me and Brom, her stride smooth and confident. She takes off, and I settle in to a comfortably hard pace.

For the first half mile, I feel like I'm in a Norman Rockwell painting. Mom-and-Pop shops dot the streets. Cheering fans line the sidewalks. We pass an American flag hanging from a fire truck's ladder. I run comfortably for the next few miles, savoring the morning light. Then we hit the hills—more of them than I would like. By mile six, I'm starting to drag. Scenery merges into a blur of pavement, forest, and lawns.

Around mile 10, I spot Katrina's ponytail bobbing ahead of me. I accelerate, and we run in unison. Then, behind me, I hear a new set of footsteps. It's that blasted Brom. I speed up to prevent him from pushing ahead, and Katrina falls behind. Now, it's just Brom and me.

When we reach mile 12, I see a small stone building ahead. That's it! The Old Dutch Church! And this must be the bridge where the Headless Horseman launched his pumpkin missile to frighten poor Ichabod. I've pulled a few steps ahead of my rival, and I turn to look at him. A peculiar shadow hides his face. For a terrifying moment, I see nothing but a headless body barreling toward me. I gasp and sprint away.

In the distance, I hear the din of the finish line. When I finally cross it, I grab a medal, gulp down some Gatorade, skip my cooldown, and dart to my car. I slam the door shut, still breathing hard. *Never again will I read a horror story the night before a race, I tell myself as I speed away.*

RUN IT March 19, 2016, Sleepy Hollow, New York
rivertownrunners.org



Ask Coach Jenny A quick primer on running a tuneup race

Why should I schedule a tuneup?

These races serve as dress rehearsals for your main event. You can try out everything you plan to do on the big day—from the prerace meal, to what you're going to wear, to how you're going to deal with nerves. You can also practice smart pacing.

How long should my tuneup be, and when should I do it?

Newer runners should run a 10K four to six weeks before a marathon or eight weeks before a half marathon. Seasoned half or full marathoners should run two 10Ks, one eight weeks out and one four weeks out. If your goal race is a 5K or 10K, try a 5K tune-up four to six weeks out.

Should I hold back during my tuneup, or race all out?

Don't race—you may choose to practice goal race pace or to start conservatively and pick it up. Run the first mile or two easy, then pick it up to a moderate pace, and push only during the last mile. Seasoned runners have the experience to start pushing the pace earlier, possibly as early as the halfway point.

Jenny Hadfield is a running coach in Chicago. Visit her blog at runnersworld.com/coachjenny.

Running Scared Celebrate Halloween with a creepy race.

SHADES OF DEATH HALF MARATHON

Runners who take on this double-loop course spend six miles passing through woods and farmland on Shades of Death Road, which earned a place in the book *Weird N.J.* as a well-known paranormal hot spot.

October 11, Allamuchy, New Jersey
shadesofdeath.org

HAUNTED TRAILS OF THE NIGHT 10K

The 2,700-acre Paramount Ranch served as the backdrop for hundreds of movies and TV shows—including an episode of *The X-Files*—before it became the site of this nighttime event on singletrack trails.

October 17, Calabasas, California
paramountranchtrailruns.com



SPOOK HILL CIDER AND WINE 4 MILE

Put a car in neutral on Spook Hill and it appears to roll up the incline. The phenomenon doesn't affect runners who climb the short hill before looping through a vineyard, an orchard, and a 19th-century cemetery.

October 24, Burkittsville, Maryland
spookhill4mile.org

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SOUTH ATLANTIC

OCT 3-4 - Crawl' Crab Half Marathon, 5K, 1K & Challenge

Hampton, VA
Contact: J&A Racing,
3601 Shore Drive, Virginia Beach, VA 23455.
(757) 412-1056
info@crawlinrabhalf.com
www.crawlinrabhalf.com

OCT 17 - The Medical Center 10K Classic, Wheelchair Race, 5K Run/Walk & 1.5M Fun Walk

Bowling Green, KY
Contact: Marie Noall,
P.O. Box 1175, Bowling Green, KY 42102.
(270) 796-2141
themedicalcenter10kclassic@yahoo.com
www.themedicalcenter10kclassic.com

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OCT 31 - Anthem Wicked 10K

Virginia Beach, VA
Contact: J&A Racing,
3601 Shore Drive, Virginia Beach, VA 23455.
(757) 412-1056
info@wicked10k.com
www.wicked10k.com

NOV 7-8 - Outer Banks Marathon & Southern Fried Half Marathon, 8K, 5K, Fun Run & Southern 6

Kitty Hawk, NC
Contact: Race Director,
P.O. Box 265, Kill Devil Hills, NC 27948.
(252) 255-6273
info@obxse.org
www.outerbanksmarathon.org
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NOV 8 - Port City Orthopaedics Battleship Half Marathon & 5K

Wilmington, NC
Contact: Ed Fore,
P.O. Box 3434, Wilmington, NC 28406.
(910) 398-5539
edfore7628@bellsouth.net
www.5starraceproductions.com

NOV 14 - Anthem Richmond Marathon, Half Marathon & 8K

Richmond, VA
Contact: Race Director,
100 Avenue of Champions, Richmond, VA 23230.
(804) 285-9495
marathon@sportsbackers.org
www.richmondmarathon.org

NOV 21-22 - Blue Moon Harbor Lights Half Marathon, 5K, 1Mile & Challenge

Norfolk, VA
Contact: J&A Racing,
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DEC 6 - Divas® Half Marathon & 5K in St. Augustine Beach

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NORTH ATLANTIC

OCT 4 - OctoHalf Half Marathon

Hatfield, PA
Contact: ACT Sports Management,
P.O. Box 488, Lionville, PA 19353.
(610) 308-3993
info@octohalf.com
www.octohalf.com

OCT 10 - Clearfield Pumpkin Run 5K

Clearfield, PA
Contact: Loretta Wagner,
6 South Front Street, Clearfield, PA 16830.
(814) 765-6000
discoverclearfield@gmail.com
www.discoverclearfield.com



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Contact: Barb Wright
P.O. Box 1681, Key West, FL 33041
(305) 240-0727 bwpromo3@bellsouth.net
www.keywesthalfmarathon.com

FEB 7, 2016 - Tallahassee Marathon & Half Marathon

Tallahassee, FL
Contact: Eric Godin
 marathon@gulfwinds.org
 www.tallahasseemarathon.com

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MAR 5, 2016 - Myrtle Beach Marathon, Half Marathon, Team Relay, 5K & Fun Run

Myrtle Beach, SC
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MAR 19-20, 2016 - Yuengling Shamrock Marathon Weekend, Marathon, Half Marathon, 8K & 1M

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APR 17, 2016 - Kill Cliff Destin Marathon & Half Marathon

Destin, FL
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MAY 1, 2016 - Divas® Half Marathon & 5K in North Myrtle Beach

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DEC 19, 2016 - Surf-N-Santa 5 Miler

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 www.surfsanta5miler.com

NORTH CENTRAL**OCT 17-18 - IMT Des Moines Marathon, Half Marathon, Relay, 5K & Kids Run**

Des Moines, IA
Contact: Chris Burch,
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 info@desmoinesmarathon.com
 www.desmoinesmarathon.com

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MAY 15, 2016 - Divas® Half Marathon & 5K Midwest at Branson

Branson, MO
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MAY 15, 2016 - Rite Aid Cleveland Marathon, Half Marathon, 10K, 5K & Kids' Run

Cleveland, OH
Contact: Ralph Staph,
 29525 Chagrin Blvd., #215, Pepper Pike, OH 44122.
 (800) 467-3826
 cmi@clevelandmarathon.com
 www.clevelandmarathon.com

JUN 11, 2016 - Summerfest Rock 'n Sole Run, Half Marathon, Quarter Marathon, 5K & Kids Run

Milwaukee, WI
Contact: Sandra Chambers,
 16851 Southpark Dr., Suite 100,
 Westfield, IN 46074.
 (317) 354-7796
 sandra@visioneventmanagement.com
 www.rocknsolerun.com

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AUG 20, 2016 - Madison Mini-Marathon, Half Marathon, 5K & Kids Run

Madison, WI
Contact: Sandra Chambers,
 16851 Southpark Dr., Suite 100, Westfield, IN 46074.
 (317) 354-7796
 sandra@visioneventmanagement.com
 www.madisonminimarathon.com

SOUTH CENTRAL**DEC 13 - Baylor Scott & White BCS Marathon & Half Marathon**

College Station, TX
Contact: Bob Appleton,
 PO Box 3005, Bryan, TX 77805.
 info@bcsmarathon.com
 www.bcsmarathon.com

Save \$5 Promocode BCSRW15

JAN 9, 2016 - Mississippi Blues Marathon, Half Marathon, Quarter Marathon & Relay

Jackson, MS
Contact: John Noblin
 info@msbluesmarathon.com
 www.msbluesmarathon.com

JAN 15-17, 2016 - The Louisiana Marathon, Half Marathon, Quarter Marathon, 5K & Kids Marathon

Baton Rouge, LA
Contact: Danny Bourgeois,
 721 Government St., Suite 103, Box 295,
 Baton Rouge, LA 70802.
 (504) 669-1530
 danny@thelouisianamarathon.com
 www.thelouisianamarathon.com

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FEB 20, 2016 - Jail Break Run, Half Marathon & 5K

Baytown, TX
Contact: Mary Pinney,
 P.O. Box 893, Mt. Belvieu, TX 77580.
 (832) 767-8535
 mary@project-blue.org
 www.jailbreakrun.org

APR 24, 2016 - Divas® Half Marathon & 5K in Galveston

Galveston, TX
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com

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MOUNTAIN PACIFIC**OCT 3 - Manufacturing Day 2015 5K & 1 Mile Fun Run presented by Reshoring Institute**

San Diego, CA
Contact: Scott Abbott,
 P.O. Box 760, Los Gatos, CA 95031.
 (817) 944-3573
 scott@raceoperations.com
 www.reshoringinstitute.org/funrun15

JAN 17, 2016 - Maui OceanFront Marathon, Half Marathon, 15K, 10K, 5K & The Free Cookie Fun Run

Lahaina, HI
Contact: Les Wright,
 P.O. Box 20000, So. Lake Tahoe, CA 96151.
 (530) 559-2261
 runmaui@gmail.com
 www.runmaui.com

JAN 17, 2016 - Tri-City Medical Center Carlsbad Marathon, Half Marathon & Kid's Run

Carlsbad, CA
Contact: In Motion, Inc.,
 6116 Innovation Way, Carlsbad, CA 92009.
 (760) 692-2900
 info@inmotionevents.com
 www.carlsbadmarathon.com

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MAR 19, 2016 - Valley To The Sea Marathon, Half Marathon, 10K & 5K

Wailuku, HI
Contact: Rudy Huber,
 P.O. Box 1024, Wailuku, HI 96793.
 (808) 280-5801
 huber_rudy@yahoo.com
 www.runnersparadiseinc.com

JUN 5, 2016 - Divas® Half Marathon & 5K in San Francisco Bay

Burlingame, CA
Contact: Continental Events & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com

Save 10% - Use RWSFOCT15 (Exp. 10/31/15)

INTERNATIONAL**MAY 29, 2016 - Scotiabank Ottawa Marathon, Half Marathon, 10K, 5K, 2K & Kid's Marathon**

Ottawa, ON, Canada
Contact: John Halvorsen,
 5450 Canotek Rd., Unit 45, Ottawa, ON K1J 9G2.
 (866) RUNOTTA
 halvorsen@runottawa.ca
 www.runottawa.com

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NOV 8 - Divas® Half Marathon & 5K in Puerto Rico

San Juan, Puerto Rico
Contact: Continental Event & Sports Management,
 P.O. Box 56-1154, Miami, FL 33256-1154.
 info@runlikeadiva.com
 www.runlikeadiva.com

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SHELLEY MOORE CAPITO

61, U.S. SENATOR, CHARLESTON, WEST VIRGINIA



I run the same way I do my job. I'm slow and steady, and I always get to the finish line.

I STARTED running 20 years ago. I found that I loved being outside and the feeling I got afterward. That's why I keep doing it.

AT FIRST, I ran the flat by the Kanawha River. But West Virginia is mountainous, so before long I increased the intensity by adding hills. Now I run four miles a day four days a week.

I'M NOT an early morning riser, but in D.C., I have to run at 6:30 a.m. if I want to get it in. I'm a creature of habit—I run the same basic route every time.

I LEAVE my apartment, run up to the Mall, and go all the way to the Lincoln Memorial. I run up the steps, read Lincoln's second inaugural address or his Gettysburg

● Following a two-year campaign that she likens to a marathon, Capito became her state's first female senator ever, and the first Republican senator from West Virginia in 58 years.

Address, look at Lincoln, take a deep breath, and head back.

WASHINGTON IS a very inspirational place to run. I also go past the World War II Memorial, and my father was a vet—so I'm picking up steam wherever I go.

I RUN ALONE except before the Congressional Women's Softball Team practices; then I'll go with Senators Kelly Ayotte [R-NH] and Kirsten Gillibrand [D-NY]. We leave the grittiness of politics aside for the morning.

GILLIBRAND AND I recently worked on a bipartisan bill to address sexual assault on college campuses. We wouldn't have had such a solid liftoff to that bill had it not been for the friendship we formed through running.

I RAN MY FIRST half in 2011 (2:09). I also do a lot of 5Ks, Turkey Trots with my family, and the three-mile Capital Challenge with members of Congress.

WHEN I WAS IN THE HOUSE, I was the fastest representative a couple of times at the Challenge till [former Ohio Rep.] Jean Schmidt came along and knocked me off my pedestal. We are, by nature, extremely competitive people.

I DON'T LISTEN to music when I run. In the morning, I'm formulating my day—maybe I'm planning an upcoming speech. It helps me order myself away from my devices or other distractions.

RUNNING, WALKING, all these things are important as we age. My parents recently passed away and both had Alzheimer's. You read how physical activity helps your mental acuity. I have a great platform to talk about it. 🏃‍♀️



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